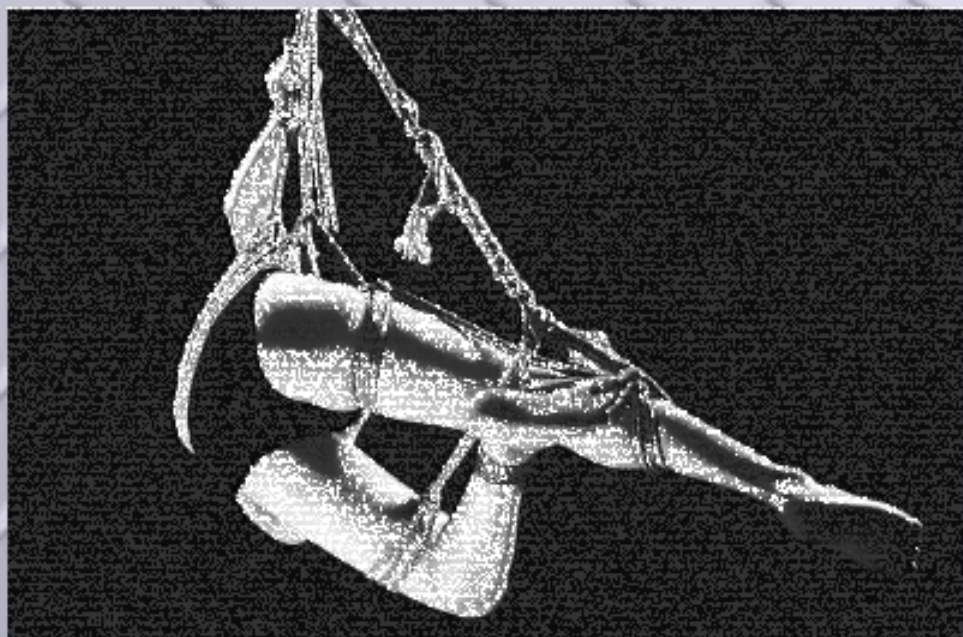


Sex Skits'

SHIBARI 101



THE ART OF JAPANESE
ROPE BONDAGE

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Forward



When we think of erotic power exchange, there are numerous approaches. Most Americans approach it with a European Style. This is most likely to the literary images brought to us by "The Story of O", the Anne Rice novels, and simply because of the cultural similarities.

Only a few in western BDSM have learned D/s from the Eastern School. The Eastern School is a pure product of Japanese cultural and societal invention. While there are many similarities, there are also many striking differences. Learning these differences and respecting them is the basis of good protocol.

1) First and most importantly just about the entire SMBD scene of Japan is centered around rope bondage and suspension, not corporal devices like floggers and whips which take center stage in the Western American or European scene. In Japan if you don't do rope, you are not doing SM. While in the west, most people in the BDSM scene have no clue what to do with rope and one would get the opposite response. Indeed I remember when I started doing rope in the early 90's in the local clubs, almost no one knew what it was. Some in the west will tell you, "oh yes, I started with a little rope, but I've moved on to the real S&M". That is not to criticize anyone, but it points out how little the west knows about the Japanese/ Eastern School of D/s.

2) In the Eastern School, the acronym is often seen as "SMBD" or simply "SM", not BDSM as it is in America and Europe. To speak of BDSM in Japan might not be probably understood clearly.

3) Teamwork. While there is definitely a D/s (Dominant and submissive) component to the Eastern style, your typical Japanese Dominant does not think of himself or herself in that light. In the Eastern School the whole erotic power exchange is seen as teamwork. Teamwork, just as it is emphasized in Japanese business, the Japanese SM-ers and Rope Artists see themselves and what they do as a team undertaking.

4) The Japanese SM player or bondager sees himself somewhat as a "Rope Artist".

In fact one of the newer and trendier words in use today in Japan to describe Rope ART is "Nawa-kesho". Which literally means "rope make-up" or the "cosmetics of rope". Nawa = rope and kesho = a cosmetic art.

The old word for this Rope Art is "Kinbaku" and is still in use today. It refers to the ancient cruel forms of use of rope. A newer term "Nawa Shibari" , which means to bind with rope has been popularized recently for the most part by commercial websites.

What's with this Rope Art stuff? You might be saying, "Isn't tying up women perverted and wrong?" Perverted? Perhaps. Wrong? Absolutely not.

Someone once said,

"the greatest enemy of enlightenment is ignorance, even worse, ignorance that has no interest in becoming enlightened".

Because of that, one should always exercise extreme caution when 'revealing' oneself to others who may not necessarily turn out to be enlightened enough to deal with such things in an intelligent manner. While I am not ashamed of my lifestyle or interests in any way, I am certainly smart enough to understand that many people do not have tolerance as a component of their character. So for obvious reasons, I limit my "bondager" persona to public gatherings of generally like-minded people and to the relatively anonymous world of the Internet, as there are just too many nuts in the plain vanilla world.



So why do I do this? What's the point? I am a bondage lover, and have been for a many, many years. So you may ask, why bind a woman up in the first place? Now we come to the fun question. Why indeed?

1) It is beautiful/ artistic. I have always been a visual person. I think most men are. I have always found the female and her many adornments aesthetically pleasing. The female in rope or leather bindings is just nice to look at. I like to create an artistic moment for viewing pleasure.

2) It is sensually arousing. It moves something deep in my essential being, my soul. They say sex is mostly between the ears. That of course is where all fantasy is born.

3) It is fun for me. The whole process of planning and then binding your lovely victim is challenging in every way. The creative energy, the mental, emotional and sensual challenge to do bondage art is just plain fun. Who can resist a nude or barely clothed female form bound before you.. To lightly caress the ribs, the tummy, stroke her cheek, kiss her neck, to lightly touch her nipples..... and all

sorts of other sensitive areas of a woman that are yours for the taking and touching. She can squeal, she can thrash, but she can't stop you from doing whatever you want to do. And that is just plain fun, all done of course within a consensually negotiated context.

4) Trust. It is a wonderful and most powerful thing, when a woman trusts you, to allow you to render her helpless with bindings. It is the ultimate for this male of the species to have that consensual trust. It is a sacred trust to be highly regarded and cherished. It brings out the best in me.

And that leads me to the most important reason....

5) It is extremely pleasurable for her.



For me bondage is not about inflicting pain it is about.....
"inflicting pleasure".

I'm am not a sadist. I do not enjoy inflicting pain for personal pleasure. I will give pain, but only if I know it is something they ultimately want. I will not do it for my our pleasure. That is the difference between a "sadist" and a "sensual sadist". The thing I ultimately enjoy the most is simply giving pleasure to a woman...bringing intense pleasure. To watch her body quake with anticipation. To see her shiver with the pure ecstasy of sensual pleasure. Need I say more? Not really, but let's dig

deeper in our understanding.

A Study on Sexual Arousal

Many years ago, in a study on human sexuality, researchers looked at the relationship between sexual arousal and brain-wave activity, and things like erogenous zones. Using heat-sensitive cameras to film an aroused couple involved the act of intimacy, one could clearly see what parts of the body were getting hotter than others. In this study electrodes were attached to both men and women to measure their brain-wave activity during sexual intercourse.

In Men...

What they discovered was that men, during foreplay, intercourse and climax, there was a progression in the brain activity from a normal state to what they called an "animalistic" state - in other words, the brain functions regressed to a lower level in all the men tested. Not only that, but that for each man tested, they sunk to approximately the same level of brain wave activity during climax and immediately after. There was a "floor" of sorts, and it was consistent, regardless of any variations in the sexual encounters. Men become like animals. (not that that is big news to anyone), and why they often fall asleep after the sex act.

In Women...



But listen to what happened to the woman. This is the really good part. Women are exactly the opposite of this! The brain activity, or "state of being", as they put it, progressed upwards from normal to a much higher state. Not only that, but there was also no measurable limit to how high that state could climb. Think about this for a moment.

Women rise, men sink. It's really true. Women can go on a trip to unimaginable heights, and most men don't even know they've left. Feeling a little jealous yet, men? You should be. I, being a man who will never know what wonders a woman can experience, certainly am jealous. So I have come to the realization that if I can't experience it myself, I want to at least witness those peaks, those incredible highs. I want to be the catalyst that takes her there, even controls her experience with my rope bondage....

I absolutely love to look into the face of a woman who is in the outer limits of sensual ecstasy, hear the sounds that come from her throat, to smell her aromas, for me it is a glimpse into the divine itself. Such pleasure is, in my opinion, like a gift to women directly from God. I treat it with an almost spiritual reverence.

An Obstacle...

There is, however, one huge obstacle in the path. Our society is, sexually speaking, essentially one of sexual repression. Our culture has for decades, thrown conflicting signals at us. We have beer commercials with women and big boobs stretching out tiny bikinis, sex all over television and movies, and yet we men are taught that it is socially unacceptable to be caught openly looking at a woman in an admiring sexual way.

It's worse for women though. They are taught to flaunt it if they want, show off, indulge themselves if they want, but at the same time they are taught that it is unacceptable to allow it to be pleasurable. One does not want to be a slut, now, does she? This is just the tip of the iceberg, but the end result is that it has made us a nation with no firm sexual roles or identities. We are the oddest combination of promiscuity and inhibitions. Sex consumes us, yet we only secretly fantasize about things we would never talk about in public, and we criticize those who do. And it's just getting worse and worse. (Can anyone say 'political correctness'?)

Think about it. How often have you been in the middle of your passionate embrace and the woman has said "Stop! Wait. Don't touch me for a minute, it's too much! I have to cool off." What just happened? The woman just reached her own artificial barrier, nothing more. Just as she's approaching an intensity with which she is unfamiliar, she forces herself to put the skids on. Many women have some sort of limit they will not allow themselves to cross. It's not intentional, and

they generally are not even consciously aware of it. It's just the way our culture has operated for many many years.

Now you can see the problem, how if one enjoys bringing pleasure to a woman and yet there are these barriers to contend with. As long as the woman is free to exert that control, she would.

So in order to remove the barriers she allows the removal of the option to exercise them with consensual bondage. It is very simple actually. By restraining her, she is no longer bound by her own inhibitions. The very act of submission is in fact a liberation. She is no longer subject to the false perceptions drummed into her by our weird and nonsensical culture. When she reaches that point where, previously, she had brought the encounter to a halt, now she will merely struggle, moan and whimper, and then finally embrace what is beyond. Viola! A new high, pleasure she never knew was attainable or even existed. A high that is merely yet to be surpassed. To top all this, to be able to do this with a special lady, growing in not only physical intimacy, but emotional intimacy... Soulmates. Wow..... I have found the key. This is what brings me the most joy.

Shame

A word about shame. Shame is a very powerful way we are controlled. Indeed one should be ashamed if you did something terrible to someone. The thief, the rapist, the molester, the killer, should all be ashamed of these acts. Society needs these boundaries.

But shame has been used by the religionists to erect false boundaries and to control our natural "god-given" sexual behaviors. In the end it leaves us with a feeling of,

"if it feels too good, there must be something wrong with it,
it must be 'sinful.'"

Consensually negotiated bondage is a way for one to surrender and get past those artificial shame barriers. Indeed I feel that there is a component of a positive "therapy" that takes place for many who participate in such.

Now you know the why I do what I do.

A few concluding thoughts and perhaps challenges to others. It seems if women as a group have a universal complaint about their lovemaking with men, it is that men don't take the time to arouse the woman and "bring her up".

In other words:

"Wam, bam, thank you ma'am"

It's referred to as foreplay. A woman will complain that men just become "animals" and as soon as he releases himself, she is left without the intimate attention she craves. Bondage because of its very nature takes **time**. The "dance" if you will may take days of preparation, planning, and anticipation. Why not, several days before, tease your lady with some hints about what you are going to do to her in an upcoming encounter. With bondage the actual event may take hours of soft touching and caressing (or depending on your place on the D/s spectrum... for you it might be tight bindings, stinging touches of a crop. Personally, I like contrasting sensations). The music, the silk blindfold, the soft nylon ropes sliding across her skin all come together to take her to that high place. So guys, you want to be a real man in the eyes of your lady? Then take her there slowly, and then watch how she surrenders to your touch, and finally erupts in ecstasy, collapsing into a mass of trembling pleasure in your arms...

Now that's foreplay... In fact D/s is just that... foreplay, hours of it! I think if word ever gets out to the vanilla world (and I think it is already happening), women especially will flock to our world. After all what woman would not enjoys several hours of erotic foreplay. But ladies, it takes trust. If you want to experience all this and more, you must take your time and carefully chose that partner that you can give your trust to.

History and Development of the Japanese or Eastern School

SMBD has experienced a huge resurgence of interest in Japan in the last 10 years or so just as it has in the west. This interest in Japanese SM or Rope Art is not however a modern phenomenon. The use of rope in one form or another in Japanese society has been around for at least 500 years.

The Dark Ages of Japan / Tokugawa Rule

When we think of SM or Ds in terms of the Japanese experience we drum up images of the "Dark Ages of Japan" in the War Periods in the early 16th century started under the rule of Tokugawa. When Columbus was sailing the ocean blue in 1492 to find America, Japanese society was just beginning a dark torturous ruling period that would last until the 1560's.

Under the Tokugawa Rule in 1742 a system of criminal codes were enacted which laid out 4 types of torture using rope for criminals.

- 1) First was whipping or flogging,
- 2) The second was the pressing stone,
- 3) Then rope bondage in the prawn or ebi shrimp tie position

4) Finally rope suspension by arms or all four limbs face down with heavy rocks on shoulders.

Although extremely cruel these practices are the basis of modern Japanese SM play.

Interestingly enough "flogging" was the considered the light first step and progressed to increasingly torturous, even deadly rope practices. While with our modern western approach to BDSM, rope is generally seen as something "lightweight" in the community, and flogging or other corporal activities are the seen as the heavy duty or "real" SM activities.

Which just goes to show western BDSM just doesn't get it. So perhaps this site and these essays will increase our help our awareness and further our education in the community.

These very cruel and barbaric methods eventually died out with the end of the violence of the War Period. Rope as a tool of torture died with it. Many of these skills and techniques are the foundation of the modern use of rope in its current erotic forms.

Edo Period

Some say that the evolution of rope from the torturous methods of the 16th century to something of an erotic art form began following the bloody Shinkoku Period with the start of the Edo Period (1600-1878). Indeed an entire system called Hojojutsu or Hobaku-jutsu was developed during this time. Hobaku-jutsu was a very special martial art used to catch criminals and restrain prisoners. A very precise system of rope binding began with prisoner restraint. The methods were very secretive, and unique from village to village. The style of rope often reflected the social class of the criminal.

A criminal could be bound or suspended in public, and the observer could tell by the bindings, what the age of the victim was, the social class of the criminal, the crime that was committed, and sometimes even the profession of the victim.

Interestingly, very few martial arts schools today in the west have any knowledge or ability to teach Hobaku-jutsu.

The use of rope as an erotic form is not at all clear during this period and this author has found no clear evidence of it.

Modern Rope in Japan

At the end of the Edo Period in the late 1900's a few erotic pictures featuring Japanese Rope did appear. If it existed before that, it is not known in any

historical sense, only oral folklore. It wasn't until the past 20 years or so that this whole erotic genre emerged to the surface of society however.

Modern rope art play in Japan is not cruel or torturous as depicted by some videos. They are doing the same things done in the west. It is a consensual, has definite boundaries, and perhaps even more so in Japan than in the west, SMBD is a very carefully planned and executed fantasy.

Because rope is a lot more dangerous than many corporal activities like flogging, spanking, or caning there is a very high respect for safety among Japanese Rope Artists. This is where the teamwork comes into play. While there is an attraction to the female form helpless and vulnerable, the lovely oriental lady is no victim, but very much a part of the process before she allows her body to be bound, suspended and displayed. Japanese Rope is not something the rope bondager does to the victim like those damsels in distress images popular in the west, but it is a team effort between artist and canvas.

Female/ Rope Artists

While 99.99% of the images we see of Japanese Rope are with a male artist and a female canvas, this does not reflect reality in Japan. With the liberalization of sexual mores in Japan in the 70's, by the mid 80's a whole new institution has developed among female SM practitioners. They are called "Mistress Bars". There is a combining of European styles with the oriental culture. Inside you will see classic european fetish dress, such as latex, leather and PVC outfits worn by beautiful sexy goddess'. These mistresses are called "jo-osama" and their clientele are men (and a growing number of women) who pay by the hour to worship high heels, be whipped or humiliated.

Rope done very skillfully however is center stage in these venues. There are a number of very well know female rope artists. Taking advantage of that little bit of desire for erotic power exchange in everyone, these "jo-osama" fulfill a need in a crowded high paced, stress filled Japanese business economy. These images have become so accepted, SM themes with the female rope mistress is a common image on vanilla TV. Some of these female rope artists are becoming popular if not legendary in just a short time.

Male Rope Artists

Currently, there are about 30 recognizable rope artists in Japan. Only about 5 or 6 are thought of as Masters, true Sensei. What they do is today called "Nawakesho" which means rope applied like a cosmetic art! These sensei consider what they do as an art form, as much as anything else in Japanese culture is thought of that way, such as bonsai, or tea, or ikebana.

These modern rope artists have been around only about 20 years. The use of rope as an implement of torture still exists in the cultural mind of the Japanese. The modern Japanese policeman still wears a piece of rope as a part of his uniform.

These modern masters and mistresses have for the past 20 years or so gathered and studied the old drawings of rope bondage and torture, and from that have drawn their modern rope art styles and forms. Naturally many of these ancient rope applications are very dangerous, so they have been modified for safety.

These modern rope artists have been learning and growing over the past 10 years, especially as they try to learn and recapture the old skills and techniques of 500 years ago. If you look at some of the old Japanese Bondage videos even 10 years ago (late 80's early 90's) you can see some very dangerous things being done, which have been modified in newer videos to show safer ways to apply the ropes, especially when it comes to suspension.

Regardless of these modifications, Rope however still is perhaps the most dangerous of all SMD practices. People can be seriously hurt, nerves and genitals damaged. It is a very real possibility that one can be accidentally killed with misapplied ropes.

At the root of the modern practice is the artist creating a beautiful work of art with his canvas with intricate rope patterns. The ultimate of course is suspension. Something very few in the west still try to attempt, because of its inherent dangers.

Today when one watches the modern Japanese Rope Artist, you will see a recreation of the crueler past of being bound and tortured, which finds its modern meaning in aesthetic beauty combined with consensual eroticism.

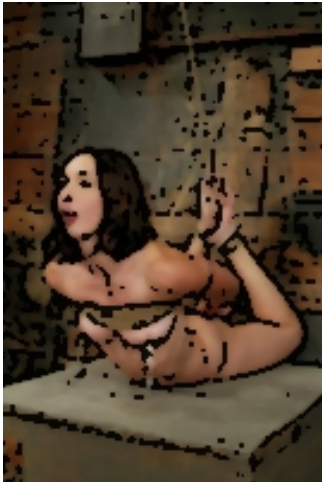
The Future of Rope Art

Because rope is very much out there on the edge and has been very much underground, relationships between artist and canvas tended to be very deep and erotic. Combine that with the time it takes to apply and remove ropes, rope is one of the most powerful intimate tools one can use to call forth the powerful erotic and sensual emotions we can experience. Today with the masses seeking to learn its art, it is easy to miss the depth of emotions and intimacy involved.

Part 1

Introduction

Western vs. Eastern Bondage



Now there is generally 2 classification of bondage; Western and eastern (Japanese) styles. Both were created for different purposed originally, and both evolved from different uses. Western bondage was created as a form of torture and inhumane imprisonment in mid-evil Europe usually used in physical prisons. Japanese style was a more humane form of imprisonment because they did not have physical prisons generally, and could be used for interrogation and punishment. There are many styles of each of these bondage forms in the modern day. The only technical different between the two is, western style tends to use a single strand of rope, where as the Japanese style tends

to use rope doubled up. Modern western bondage tends to be used mostly for restraint for other activities, where Japanese bondage tends to be used for sexual humiliation, as it's the main focus.

Bondage in Japan

Hojojutsu:



Originally kinbaku-bi started out as a form of incarceration in Japan in the 1400-1700's. At that time, the local police and samurai used it as a form of imprisonment. There were no jails in Japan, very little metal resources. But they had lots of hemp and jute rope. So rope was what they had to use to keep prisoner immobile. This came out or created part of the martial art called hojojutsu and some other martial arts. Even today, police in Japan carry a bundle of hemp rope in the trucks of police cars incase they need it. Some other countries like Singapore still actively use rope for incarceration and transport of prisoners.

4 laws of Samurai Hojojutsu:

1. Do not let the prisoner escape his bonds
2. Do not cause any physical or mental damage to the prisoner.
3. Do not allow anyone outside the clan see your clans techniques.
4. To be Artistic about the design.

The most common practices for torture and interrogation were:

1. Flogging
2. Weight endurance: Kneeling on angled ground and weighting down with stones.
3. Long term lotus position tie. (legs crossed, head to knees, arms behind back)
4. Semi- and full Suspension. Arm behind back tied up, or fully suspension with stone weights
5. Japanese pony. I am not sure if this was an official used, but semi-suspend on a wooden pony, which put full body weight on the genitals.

Kinbaku-bi:

In the late 1800's and early 1900's a new form of erotic Hojojutsu evolved. This was called Kinbaku-bi, which means "The Art of Erotic Bondage". I do not think there is any real documentation that states how this happen. But it did. I personally believe it's like how police tend to be kinky now, and use their handcuffs for sex, why wouldn't a cop back then do that same. ==B). I also have a personal belief that there has been some Hindu (Indian) yoga/karma sutra influenced that came over when the Hindi brought Buddhism into Japan through china and spawned Japanese Buddhism and Shintoism, but I have no proof of this at all!

Shibari in America:



So with the influences of the web, Shibari has spread like wildfire through the US, at least the concept if not the practices. With a new generation and style coming out of American riggers (a rigger is a person who does the tying, or work with rope or cables etc). Since the late 1990's events have had instructors teaching Shibari. In the late 90's and early 00's some local bondage groups have popped up to educate (such as CRAM in Chicago, and a lot others), and as of 2004 a (inter) national Japanese rope bondage educational conference happed, which was a great success called, ShibariCon. Personally I consider Shibari to the 3rd generation of Hojojutsu/Kinbaku-Bi.

Modern Shibari in Japan:

In Japan, the Japanese riggers usually call Japanese rope bondage just "bondage", it's funny that Americans tend to use ethnic words for Japanese rope bondage techniques when they do not themselves. In Japan they call "shinju's" (which means pearls) just a "chest harness" and etc. But lately I have heard rumors that the Japanese riggers are starting to use the Americanized "Japanese" terms for what they are doing now. So I think that is very interesting that it's doing a 360 & feeding back into itself.

Mythology



In Japanese there is an ancient saying that "binding the body, frees the soul."

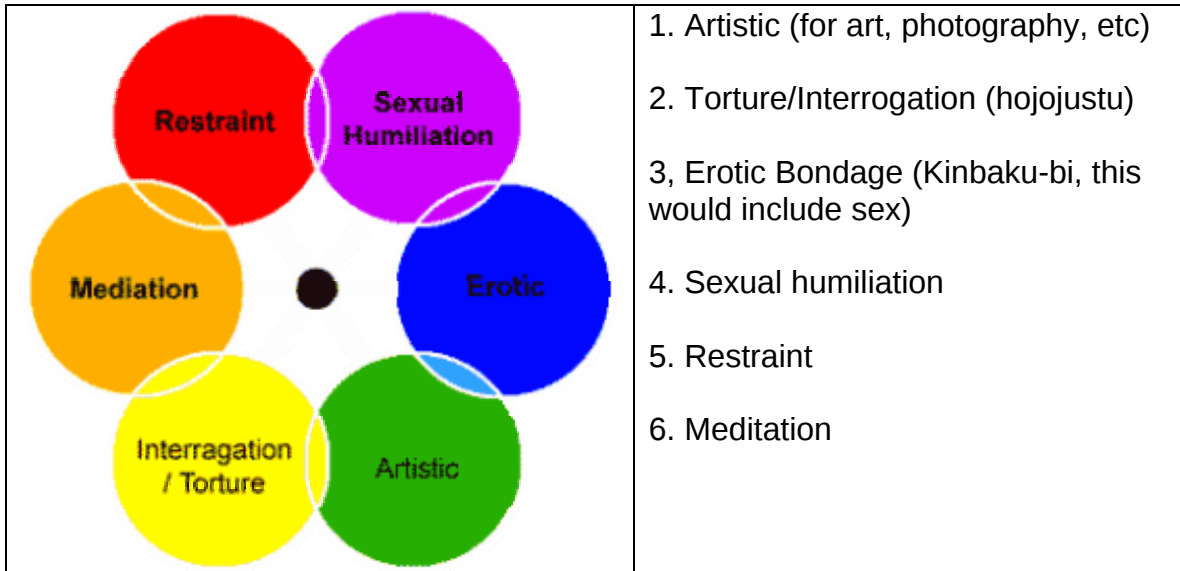
This was taken from a publish article, and is from a Japanese point of view of BDSM in Japan. So please replace any female reference with any other appropriate sexual term...."Unlike other cultures, Japanese women find it acceptable to be humiliated and bound for carnal pleasures. We can analyze this attitude from a mental and cultural point of view. Japanese women, just like the Nawashi, think binding a woman frees her soul. How is this possible? In

Japan, it is said and believed that bondage, submission and humiliation frees a woman. To understand this contradiction, you must remember that the Japanese are a very hardworking people, life is short, and all Japanese live stressful lives. Shibari is used as a tool to break free from stress and the daily routine of a simple, normal woman. In addition to this, we can analyze the importance of Shibari in relation to the attitude of the modern woman in Japan. At present, there are no more Geishas left. Feminism and equality of the sexes in Japan is standard practice though it still lags the rest of the developed world. Many women know deep inside that it is not good to abandon traditional roles and that is why, when these women find a good Nawashi, they let themselves be punished by him. The Nawashi in Japan say that the best Dorei's or M-jo are proud women with great self-esteem, because when they are bound and humiliated, they free their egotistical selves and are left with their biological truth. At present, Shibari and Nawakesho (ropes as a cosmetic tool) exist. I believe that Shibari is one of the best erotic tools and an endless source of sexual pleasure for both men and women. The Nawashi finds bondage and humiliation empowering. The Dorei experiences an enjoyable torture, since the Nawashi can make her writhe with pleasure, bringing her to orgasm. I personally recommend the practice of this art form when used with knowledge, wisdom and respect."

Spirituality: Shibari is and can be a very spiritual, intimate and erotic art form and can add to almost anyone's lifestyle. You can add any rituals into it, or use it in any of your rituals you already have!

Schools of bondage

I have heard 100's of different activities people do with bondage, and I want to more clearly categorize them. I came up with 5 major schools that I could classify into these major schools. Now, an activity could be in more than one school at the same time, and you can use more than one school in the same session.



Levels of Bondage

1) Implied bondage - immobilization by suggestion or command but no use of physical materials.

2) Symbolic bondage - use of physical materials for appearance or symbolism, but with restraint or immobilization low or not intended.

3) Structural bondage - the bondage is achieving some physical purpose but not necessarily restraint or immobilization.

4) Effective bondage - escape resistant restraint or immobilisation is the major factor, although appearance, symbolism and other physical purpose may also be intended.

5) Applied bondage - including furniture, fixtures, equipment and fittings etc. anything not classed as 'toys' in the bondage.

6) Absolute bondage - if you can't escape it, it's absolute enough for this term, that's the main intent anything else is a bonus.

Psychology of Rope Bondage

3 Questions to ask about doing bondage:

The first, what does bottom/top receive from it?

Secondly, why do they need/want that? and

Third, where does it take them?

Generally there are many different reasons for everyone to enjoy bondage, there is no right or wrong as long as all parties are happy and getting what they need from it and also what they want from it! But there are several reasons why people do enjoy bondage, from both points of view. Some of them include what is listed below, but I am sure there are more then what I could come up with...

Control: Probably the most important key of bondage. For most giving up/receiving, or losing/taking control is the main reason for loving / needing bondage! All the rest generally have something to do with this in some degree or form, but do not have to be the only reason.

Meditation: being bound for some can put the bottoming into sub space, or into a meditative state.

Stress Release: Giving up control can relieve a lot of normal daily stress.

Restraint: For use with other play.

Artistic: It looks like art.

Sociology of Rope Bondage



There have been studies done in the US to see how many people have tried bondage in their lives, and these where the percentages they got below.

90% of Americans have bondage fantasies.

50% of Americans try bondage in their life.

25% of Americans do occasionally use bondage in their sex lives.

10% of Americans do bondage through their lives.

2% of Americans live a BDSM lifestyle.

Now my guess is that the percentages are actually a lot higher then this, because most people would be afraid to admit, or afraid to tell the whole truth when asked if they have done, or like bondage. So why are so many people afraid to talk about bondage in general, and as a sexual release?

Watching almost any action movie, or TV show, you will often see people tied up, restrained, tortured, or handcuffed. Usually no in a sexually scene, but occasionally you will. But if so many people have tried bondage in their lives at least once, why are they so afraid to talk about it? My guess is becomes generally Americans are so sexually repressed and so ashamed to talk about any kind of sexually, talking about something that considered "alternative sexually" is even harder to do. Which going by the conservative numbers about, i wouldn't consider bondage an "alternative sexuality"!

Psychological Health

Now I am not a psychologist either, and everyone is different, this is what I have learned from my experiences, so please talk to a mental health specialist if you need advice! Now this should fall under a medical section. But I wanted to give psychological health its own section because it extremely important, if not the most important thing about bondage.

General

First off, bondage is all about control (or there lack of), and trust, which are 2 very mentally based concepts. When people are in bondage, they think, feel and (re)act differently they they would normally. For most this can be very minor effects, for some is can also be very extreme. Now psychological reactions are the hardest to figure out before hand, because unlike an injury it is not something you can physically see (well at least usually), and a lot of times a person being tied up for the first time may not know how they are going to psychological react till it happens.

Clinical Studies

Now I have tried find studies done on why people like/do bondage, but as far as I can tell, there has never been a clinical study done on bondage topics besides what percentage of the American population does it in there life. I asked some friends about that, and they all replied the same, which was no institution will support this topic because it too taboo.

Comfort / Sleepiness

Now depending on the type of bondage you doing, and how the victim takes to the tie, will greatly effect who the victim feels and reacts. If a tie is very comfortable, and they are enjoying it, and immobile, it very common for the victim to get sleepy. I like to describe it as putting a sheet over a big cage, the bird things its time to sleep, so it does. Human do the same thing, if you bind them and they know they can not move or get out, and are relaxed, the brain shuts down and will put them in a minor comma like state, so they feel sleepy and want to sleep. Doing a Japanese hog tie, its very common for a victim to be able to

stay in it for 1-4 hours on the first try, and I will hog tie them and let them go to sleep, and they will wake up when they are ready to get out, and tell me that, and I will let them out.

Fear / panic attacks

Now depending on the actions taken during a bondage scene, it is possible for a victim to have a panic attack. Now bondage is all about trust, so if the victim loses sight on this issue, or something happens that they did not expect, either action wise, or mental based, its possible for them to have a panic attack. The best thing to do in this situation, its talk to them and clam them out, and start removing them from the bondage calmly.

6 HARD RULES OF ROPE BONDAGE



There are a lot of rules for doing bondage, but here are 6 main Rules of Bondage that should never be broken!

There are a lot of rules for doing bondage, but here are 6 main Rules of Bondage that should never be broken!

1. Communication: The most important rule of all. Always keep communication open! Make sure you always know what is going on with your Victim. If you do not communicate you will for sure have problems. Every tie is different and works different on every victim so communication is key to learn and progress with your bondage play!

2. ALWAYS have a pair (as in two) of EMT shears with you at all times. They only cost between 3-7\$ and easy to find, I get mine from rainbowrope.com. You



can get EMT shears from medical stores or pharmacies, Rope or SHARP shears from mountain climbing supply or hardware stores. Also Hook knives are great for cutting rope and slicing off mummification materials. Never do any kind of bondage without having safety equipment on you. It can save a life!

3. NEVER put Rope going across the front of the neck. And personally I never put it going across the beck of the neck either. Also always make sure the rope is not able to slide up from the chest or back because it will end the neck. If rope ends up putting pressure against the neck, it can cause serious problems. The arteries can be constructed and cut off oxygen to the brain. The larynx can be crushed causing serious breathing problems. And rope on the back of the next can put unwanted pressure on the vertebras in the spin.

4. Never cover both the mouth and nose at the same time (mainly for mummification or head bondage).

5. NEVER leave someone who is in bondage alone.

6. Patience. Remember to keep your cool. Either if it is learning what works with tying up your victim and figuring out what works best. It possible the rearranging rope as little as a ¼' can turn hell into heaven with a tie. Or if there is an emergency. Always keep you head and assess the situation. If there is a problem, can you just untie them? Or should you cut them out?

Pre - scene check list

1. Communication: talk about what you plan on doing, any kind of medical or psychological problems that may come out in the scene your going to do.

What do you plan to do?

Safe words or other communication codes?

Does the victim have any injuries to look our for, or to work around?

Is the victim diabetic, asthmatic or epileptic?

Have any other medical problems? Have any medical needs around.

After care needs?

2. Make sure all your emergency equipment is where its suppose to be.

EMT shears where you can reach it fast! (like on your belt, or in your boot).

Keep water handy

Have cranberry juice for people with sugar imbalances ready.

Have any medication handy if needed.

Make sure your emergency equipment is handy and working.

Keep a blanket and towel around, it possible for body temp to drop during and after a scene.

Know where there is a first aid kit, fire extinguisher, and flash light are.

3. Check and clean all your equipment.

Prepare all your rope. Make sure its clean, and no frays or tears in the rope.

Check your ropes, remember this is the only thing that keeps your victim secure!

Always check the equipment first, and test it on yourself. You don't want to find the equipment is faulty on someone who is immobile, this is extremely dangerous to their safety!

Scene check list

1. Communication: check on your victim during the bondage, make sure everything is OK. Check to make sure there are no blood flow or nerve pressure problems happening.
2. If there are blood flow issues, that not an emergency! So do not freak out!. Just adjust the rope and position to help with that. Some victims do no mind numb body parts. Usually a limb can stay numb for hours before any damage start to set in. Consult a doctor more about these issues.
3. Nerve (compression) damage - this is a serious issue and should be taken care of ASAP! A victim will know the difference between numbness and nerve damage, that is a bad bad bad pain (meaning not a good pain) and can cause semi-long term or ever possible permanent damage. Also some times nerve damage will not hurt, and just feel numb, and how you tell this is if they can NOT move the fingers or toes at all. Were with nubs a person can still move there fingers and toes even though they are numb.
4. If need water or orange/cranberry juice for sugar levels, do so! If bond with a long period of time, they will need to replace water.
5. Adjust rope as you need too! Everyone physiology is different, on one person a tie my be perfect, but may not work on someone else. Sometime just moving the rope 1/4" of a inch can turn hell into heaven, or heaven into hell for the person. So if it does not work, experiment a little. Remember nerves are microscopic in size!

Post-Scene checklist

Some of these can be started during or at the end of the scene.

1. Communication: check on your victims needs and see how they feel.
2. Start after care!
3. When taken your victim is out of ropes, most likely they will not be able to keep balance, especially if they were in sub space, or exhausted or weak from the scene.
4. When taking rope off, there will be rope marks. You can either leave them or let the blood fill naturally. Or you can give them a message to help the blood came back. Either is acceptable, but usually the victim likes the message more.
5. You victim will be cold, and/or wet. So keep a blanket around to put on them to warm them up.

6. Most likely your victim will need water, sugar or possibly food to replenish!
7. Clean and organize your equipment and rope.
8. Access the scene when possible.

Emergency Removal:

Remember that rope is cheap, and easily replaceable, a good Victim is not! So if there is a problem, and you don't think you can safely remove the victim in time, **DO NOT** hesitate to cut the rope off with EMT shears! You have to recycle your victims, so you can use them over, and over and over!

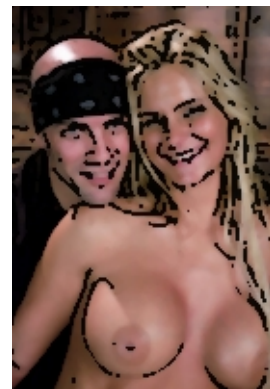
1. First, you have to keep your cool! A top that loses control and be more deadly than any situation!
2. Secondly, access the situation. Sometimes cutting a person out right away can put them in more danger than leaving them in and taking them out slowly.
3. If others are going to help you, keep control of what is going on! Tell them what and when to do things! Someone else doesn't know your rope work, and can put your victim in danger by cutting or removing the wrong rope at the wrong time! Having a spotter is a good idea, but either way, keep control of the scene!
- 4. Do not hesitate to call 9-1-1, its better to be safe then sorry!**
- 5. Work on some major After Care!**

AfterCare



Never underestimate the importance of negotiating this closing ritual.

In the context of the sexual practice of BDSM, aftercare is the process of attending to a submissive after intense activities of a physical or psychological nature relating to BDSM activities. Aftercare goes above and beyond any possible necessity to treat or clean wounds



(contusions, abrasions, punctures, lacerations, etc) from bloodplay or other BDSM practices. BDSM experiences can be exhausting; and drain the participants of mental, emotional or physical energy. As a result, one or all participants may require emotional support, comfort, reassurance, and/or physical tenderness. Along with this, he or she may experience everything from

exhilaration to traumatization. Aftercare also may include a review or “debriefing” of the activities from experiences of both the dominant and the submissive. How soon this occurs, after such a “session”, will vary. Some participants may wish to be left alone or have other means of processing the experience. While the desire to be left alone could stem from just needing rest, it could also result from her/him no longer feeling safe in the current environment or situation.

A Attentiveness - This includes intimacy: cuddling, caressing, hugging, kissing, massaging, and whispers. Free the bottom from bondage. Have a change of clothing packed. Control body temperature. Get warmth by: blankets, clothing, socks, slippers. Cool down by: drinking water, slowing your pace, move to cooler location. Relax your muscles & mind. If bottom is flying, cover eyes from bright lights. Negotiate beforehand what you will need.

F Fortify - Your body's needs: hydrate by drinking water or juice, eating food, sugar, medications, and nicotine. Clean up: use the rest room, wash your hands & face, administer first aid to wounds and collect your thoughts. Rest: a large amount of energy was exerted & endorphins raging through the body. Prepare beforehand how to give aftercare & clean up the scene. 3rd party aftercare? Know any medical conditions for both Top and bottom.

T Transition - A huge Power Exchange took place. Develop a way to Empower yourself. Reclaim the power dynamics within your relationship. Refocus your temperament. Find the balance in your roles. Acquire your natural disposition of mind, body & spirit. Allow different gear speeds to drive you so that you can operate smoothly. Feeling safe and secure requires reestablishing your former protective walls and defenses.

S Express - Giving & showing gratitude to your partner(s) is paramount in emphasizing the scene had meaning. Recognize your appreciation for the hard work just displayed. A heart felt "Thank You" goes a long way. Acknowledge the importance of your connection, which you just shared. Affirm your care and concern, be supportive and listen. Consider what you can do for/to one another to 'ritualize' the ending of the scene.

R Recovery - It takes time to: sober up, decompress, collect one's thoughts, and recuperate in order to be independent again. Cognitive thinking, emotional stability, and full motor functionality are all regained with time. The feeling of abandonment is common if this necessary recovery period is insufficient. When problems occur and things go wrong; react quickly, decisively, and assertively. Prepare your options for scene breakers/stoppers.



Communicate - Be supportive and listen to each other. Did you exchange contact information? Call, talk, email, visit, & journal: within hours, days, weeks, and months. Determining how much follow up is needed depends upon the depth of your scene & the areas of the mind that was delved into. Exchange recognition of your needs for both partners. Tops are "psycho" not "physic" - share your feelings and give them feedback.



Analyze - Understand your feelings: hurts, pains, euphoria, disappointments, regrets, and pleasures. Assess your immediate & long term needs. Did you have an emotional release? What did your tears or laughter mean? Are you experiencing delayed "crashing" - Top/sub drop? Tops & bottoms can experience regrets and remorse for what just happened. Do you need reassurance & validation for your actions? Endorphin levels take time to stabilize.



Reflect - A critical reflection upon the scene is a natural process and should be explored by both players. Were the expectations, goals, and/or limits reached? Were they realistic? Was the scene effective? What elements could be changed? What "mental" barriers or wounds were opened and now need attention to heal? Was the equipment used adequate? If there was an audience, were they affected? What precautions should you take next time?



Explore - Future possibilities to play again with this person. Find ideas to be researched. Determine which skills to improve. Redefine your don't list and questions to ask. Locate areas of uncomfortably to avoid. What is on your wish list? Don't have the mindset of "got to play-itis". What changes do you need to make with your negotiations? Where are you now? What have you learned? Realize there is no 'one' standard for aftercare. Make it what you need and what works for you and your partner(s).



Part 2

Rigging Basics

General Positions

Bondage positions usually fall into 3 categories, Static, semi - suspension, and (full) suspension. Static: is when all of the body weight is supported by the ground, furniture, wall or other objects.

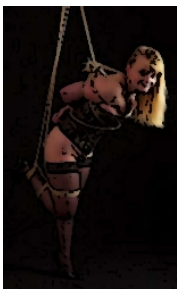
Semi - Suspension: is when body parts are suspended, but most of the body weight is still supported by the group (i.e. stand on on foot, etc)

(Full) Suspension: When all the body weight is supported and suspended in the air, by rope being tied up to a frame or beam.



Static

Self ties (i.e. Hog Ties, hojojustu ties etc)
Furniture Ties



Semi - suspension

Single Leg up



Suspension , full

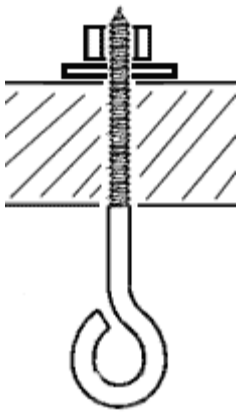
Horizontal - face up
Horizontal , Horizontal - on side / diagonally

Vertical
Vertical, legs open
Vertical, up-side down
Vertical, up-side down by feet

Construction



Now this is not exactly a article on how to do construction for bondage, but this is more of what you should not do. First off, one of the most common things I see and makes me cringe every time I see it, is when I see people using things for semi or full suspension that they should not be using! Using threaded Eye Screws / Bolts for semi or full suspension is very dangerous! For example, screwing up into a beam of wood. Basically all that is keeping your victim up, and alive is a little 1/16" thread in a piece of wood that was drilled and the wood fibers the are torn and shredded while inserting the screw. That is not a whole lot to keep someone from falling and getting hurt or even killed.



To put this in more technical terms, the average person is let's say 150 pounds. And for bondage, you want to plan for the weight to be 10 times that, because of shock and strain. So for 150 pound person, you want to make sure what holding them up has at least a 1500 (150lb x 10 = 1500lbs) pounds of support to be safe!

Now an Eye screw in a piece of wood can not support that amount of weight. And even if it could, over time a treaded screw will eat at the wood, and the wood will give away around the screw. This will most likely happen when under the greatest about of strain, which would be when you're suspending someone from it!



The best way to put in anchor points for bondage would be to put a thread eye screw threw the whole beam and on the top, place a washer or plate, and weight rated bolt. Welding the bolt to the screw would be even better. Now doing it this way the wooden beam would support the weight being held by the eye bolt, instead of just the threads on the eyebolt itself. Also you can get brackets that fit around beams that can be locked and screwed to make a safe support. Or use chain that tested at 800-2200 pounds with appropriate clamps with them.

Anytime you're doing any kind of construction work, you should consult a carpenter and/or engineer, to make sure what you're doing will be safe and hold 10 times amount of weight you supporting! The reason for this is a 200 pound body can easily put up to 400% stress on the rope and hardware, which could easily snap rope or pull out an eye screw or hardware that not rated properly.



Panic Snaps

What are Panic Snaps? Panic snaps are used in the control of live stock. A sliding collar keeps the locking mechanism closed until it is slid towards the rope end; these snaps are extremely easy to open regardless of the pull or weight on them. Panic snaps are made from malleable iron for high strength and zinc plated for corrosion resistance. Most panic snaps are not rated for tensile weight, because they are not designed to support weight. Most un-rated fasteners won't hold more than 150 pounds of weight! Most Rated climbing equipment is rated for 2200 pounds, that's a big difference!

Now as above, this is more of something you should NOT do than anything else. I have heard people promote using panic snaps in use of suspension work. Now with general restraint bondage this is ok, and is a common taught practice. But for the use of full body immobilization bondage, this is a VERY bad idea!!! Using Panic Snaps in suspensions or any kind of bondage where the person can not protect themselves if they fall with their hands is extremely dangerous. If a person is immobile, and a panic snap is used, this is basically going to let a person who can not protect themselves fall to the ground, get seriously hurt, and can even be deadly. It is also possible that panic snaps can be accidentally opened if you hit them the wrong way, and rope accidentally gets wrapped around them and pulled! So never use Panic Snaps with immobilizing bondage.

BASIC ROPE INFORMATION

Now when dealing with rope bondage, one of the most important things is to figure out what kind of rope you want to use! Now almost any kind of rope can be used for bondage. Nylon and cotton are the most commonly used in the US, Hemp and Jute is the most common used in Japanese bondage photos, and in Japan. The only thing you want to stay away from is rope that is hard (like normal plastic), or rope that is cored (meaning it has one material on the outside, and is plastic center in it). The qualities that make up the most important properties of selecting rope is the material, its strength, length, size (diameter), touch and feel overall feel of the rope.

Material: Rope can be made out of almost any kind of natural or synthetic fibers. Every fiber has its own characteristics.

Length: how long is the rope you want to use?

Size (diameter): How large / wide is the rope. (I.e. 1/4", 5/16", 5/8" or 4mm, 6mm, or 8mm etc.)

Strength: How much weight the rope can hold under a load. For static bondage, this is not a very important factor, but for suspension bondage this is a very important factor!

Tooth: How the surface of the rope feels, how well the surface helps the rope keep knots

Finishing the ends: When Cutting rope, you have to make sure the ropes end will not unravel

Rope Materials

Types of Rope

Cordage: rope, twine, or thread has always been an essential part of man's tool kit. These have been made of both animal and plant fibers, and now, synthetic fibers and wire are used as well. Examples of animal fiber cordage would include sinew for sewing, the Mexican braided rawhide reata, and the twisted horsehair hackamore. Probably every long-fiber plant known to man has been used at some time or other in history to make cordage. To judge the significance of rope, it should be noted that the maritime economies of Europe would never have come into existence without it and the New World would, in all likelihood, would never have been discovered and settled by Europeans. Without rope, the pyramids might never have been built, mountains may never have been climbed and there would be no shibari.

Different Ropes for Different Folks

Rope for shibari can be classed as either natural fiber or synthetic fiber and is further divided as being made by twisting or by braiding. Braided rope is made by braiding fine yarns of fibers over a core. The core can be of the same material as the shell or can be completely different, for example, nylon is often braided over a cotton core. Twisted rope is made by spinning fibers into yarn, usually with a right-hand twist. Multiple yarns, usually three, are then twisted or set into strands using a left hand twist. Multiple strands, usually three again, are then twisted or laid into rope using a right hand twist again. The twists in opposing directions create torque which is what holds the rope together. To determine the handedness of the twist, hold the rope in a line away from your body. If the twists or spirals of the rope recede to the right, you are looking at a right-hand or Z twist, if they recede to the left; you are looking at a left-hand or S twist. The latter is less common, by far, than the former and to my eye, simply looks "wrong." Twisted rope is preferable for shibari in a couple of ways: most knots are designed so that the natural friction of the twists working against each other helps in their setting and stability. Twisted rope also leaves beautiful ligature marks on a subbie's skin after the bindings have been removed—a lovely reminder of a happy time.

Synthetic Fibers

The main synthetic fibers would be polypropylene, that nasty hard stuff that floats and is used for things like water-ski tow ropes: nylon; rayon; and the weird compounds used for climbing rope. Synthetic ropes have, as a class, certain advantages as well as disadvantages. On the positive side, they are very stable. They tend to be waterproof and will wash well. On the negative side, they can produce significant rope-burn very easily when moved quickly over the skin.

MFP (Multi - Filament Polypropylene), don't confuse this with other type of rope that are not suitable for shibari use! I personally use this type of rope for most of my shibari work. It's easy to keep clean, and comes in dozen of colors if you order from rainbowrope.com

Climbing rope, always braided, can be made out of several different materials, including Kevlar. Rayon can be twisted or braided and is usually used for sailing as halyards and sheets. It is very stable, has a nice texture and is very expensive. Nylon can be twisted or braided and is very stretchy. The most commonly available types, what you would find packaged in the hardware store, are not nearly as strong as one might expect. Nylon is very slippery and doesn't always hold knots well. In humid weather, it seems to have a moist feel to it, making it rather distasteful to me. Braided line uses a core which is not always of the same material as the surface braid. When the materials are incomparable, washing or exposure to water or humidity can and will substantially alter the characteristics of the rope.

Natural Fibers

I prefer natural fibers, well, some natural fibers. Some of them are truly nasty and are totally inappropriate for bondage. Stability varies greatly between the fibers and, of those suitable for bondage; their resistance to moisture is such that I regard them as un-washable. According to Jay Wiseman (Jay Wiseman's Erotic Bondage Handbook, Greenery Press, Emeryville, CA; 2000, p 116) there are no known cases of anything being transmitted to anyone through rope. True, I don't do a lot of casual play any more and, even in light of the "harshness" of the rope I use, I've never had an instance where I've caused skin to break even slightly, so for me, it's never really been an issue.

Manila

Manila is made from the leaf stems of the abaca plant, a member of the banana family. The fibers vary in length from 4 to 15 feet, and are classified as hard. This is very stable and strong rope. $S=2D^2/300$ tons for new, top quality rope. Typically, manila is treated with petrochemicals to inhibit mildew and has a smell like diesel fuel. This rope is totally unsuitable for bondage, the chief disadvantage

is the possibility of infection from fiber splinters that break off and become embedded in the skin.

Sisal

Sisal is made from either of two fibers from tropical plants, cesarean and henequen. These fibers are shorter than manila but have the same drawbacks and are classified as hard. If the breaking strain of Manila is given as 100, sisalana=80 and henequen=65. Again, unsuitable for bondage.

Coir

Mentioned for curiosity value, coir is made from the fiber of coconut husks, is very light and floats. The rope is very rough and stretchy with a breaking strain of about 25% of manila.

Cotton

In Japan, cotton is used for static bondage (no suspension). It comes as twist or braid and is often died red, or, occasionally, other colors. Cotton has a very low strength index and is best used for decorative work. I've seen some lovely twist in hardware and tack stores but it's usually too large for bondage.

Hemp

Hemp is a soft fiber that grows in many parts of the world; it is very absorbent and was usually tarred for use as standing rigging in old, square-rigged ships. The strength index of hemp is 100, identical with that of manila. This is a common rope for shibari in Japan. There is little or no danger of fibers breaking off in the skin and the feel is not uncomfortable at all. Hemp will stand up to repeated wettings but it shrinks at least 10% when wet and may not expand fully unless stretched. David El, in San Francisco, finishes his hemp rope with mink oil. I use mine raw and am happy with it that way. One day, perhaps, I will try out various finishing techniques on the ropes I make.

Jute

Another soft fiber, this is my favorite rope. It is nowhere near as abrasive or uncomfortable as it looks. The fiber is from the East Indian linden plant and has a pleasant licorice smell. It is processed with small amounts of creosote which some people may find unpleasant or irritating though, in my experience irritation is exceedingly rare. I know some subbies who, after being tied a few times who can go into headspace just smelling the rope. Jute is definitely not water-friendly since wetting expands the fibers and weakens the line. I have no idea what the strength index is though it is the most commonly (as I have recently been told)

used rope for bondage and suspension in Japan. The trick is to inspect the rope and make sure it's not fraying and to replace it before that starts to happen. Old rope can be used for static bondage, of course, where strength is not critical. Knots set well in jute but remain easy to untie. I use this rope raw; with no additional finishing.

ROPE DIAMETERS

When picking rope diameters, it very relative to what you going to do with the rope! Generally the larger the Diameter of the rope, the larger area the pressure is spread over on the surface of the skin, but at the same time the harder its is to tie knots and the larger knots will be. Also the smaller the rope, the more a single width can cut into the skin (a piece of thread will cut in alot more then a piece of rope). Traditional size used in Japanese is 1/4", but Japanese tend to be a lot smaller then westerns, so for beginners I suggest to start with 5/16" - 3/8" (8 - 9 mm) and then go up or down from there depending on what your doing with your victim for general bondage. On the same note, smaller sizes of rope, 1/4" or under, and twine work best for hair bondage and digital bondage (fingers, toes, nipples, penis etc).

ROPE LENGTHS

What is the right length of rope? Whatever works for you and what you are doing! Anywhere from 3ft to 100ft can work. Just remember the longer the rope, the longer it takes to pull rope through knots. Do not waste time trying to make and organize tons of different sizes. Generally I believe it best to just keep a short set and a long set of rope. Short set i suggest between 6-10ft and a long set about 40-50ft tend to be good sizes. I personally use sized of 10ft and 38ft (dont ask, just works for me). Traditional Japanese tend to use lengths of 7 meters (about 25ft).

Strength

Rope of different materials, have different amount of weight they can handle. The breaking strain of top quality nylon twist can be defined as $5D^2/300$ tons where D =diameter in millimeters and the safe working load would be defined as $S/6$ where S =breaking strain. Top quality nylon braid would be $S=6D^2/300$ tons. It is important to note that these formulae are for top quality nylon line.

A word here on breaking strain: just how important is it? I really don't know since I've never broken a rope in shibari. However, one should be aware that a struggling suspended subbie could exert a momentary dynamic load on her ropes equal to up to ten times her weight. Obviously, it would be foolish to try to suspend someone weighing 135 lb. using string with a breaking strain of 20 lb., so, if you know the numbers never use a line with a safe working load less than the weight of your subbie.

Rope End Finishing

There is several ways to finish the ends of your rope. I prefer 2 ways, Melting and Whipping, depending on the type of rope you finishing the ends of. There are also other things you can do, like using tool dip on the ends, or buy end caps. But I think melting and whipping are the 2 best forms of finishing rope.

Whipping

You can whip any kind of rope; you can use string, twine, thread or waxed thread to do a whipping. I use this method to whip my hemp and jute rope.



Step 1: Take about 10 inches of thread and make a bight. Make Fold 4 inches in from one end of the tread and place it about 1 inch in from the end of the rope..

Step 2: Take the long end, near the end of the tail of rope, fold it over the other stand of tread and wrap it around the rope.

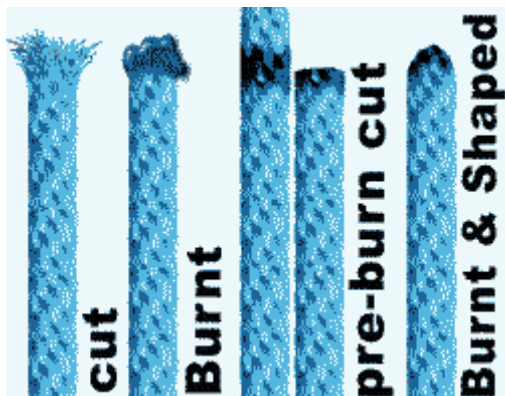
Step 3: Keep wrapping around as tight and possible till you get to the bight (about the same distance as the diameter of the rope).

Step 4: Pull the long end of the string through the bight tightly.

Step 5: Pull the short end up the whipping to pull the bight under the center of the whipping.

Step 6: You can cut off the ends, but what I like to do is take then ends of the tread, and use a sewing needle to sew the tread through the whipping and rope as many times as you can. Then cut off the ends when you are finished.

Melting for MFP



For MFP I like to melt the ends, and if done right, it comes out really nice.

Cut: Shows what happens if you just cut braided rope, it will fray and start unrevealing

Burnt: If you burn the end of MFP, it will melt and bubble, making a mushroom

shape that can end up sharp, which is very bad for bondage and can even possible cut.

Pre-burn Cut: If you pre - burn the rope before you cut it, it will keep the ends of the rope from fraying and coming apart before you can finish it.

Burn and Shaped: now if you pre burnt the cut, and melt the end while it still hot and "wet" you can shape it.

What you need to do a shaped burn:

Rope: MFP Rope only

Flame source: A candle, but it is best to use something that does not give of a carbon. A lighter or gas torch or stove polite will also work. But remember, MFP only need about 350 degree to melt it, and it only takes about 5 seconds to melt MFP with a candle, others should melt it faster then that.

Protection: Gloves, glasses, etc. Protect your hands by wearing gloves, and be prepared for hot plastic to drip off your rope if it gets too hot!

Shaping Material: Paper or cardboard anything you can fold to help shape the melted rope.

Step 1: Heat the end up of the MFP rope with a flame fill it starts to turn to liquid plastic.

Step 2: Take a piece of cardboard your paper; fold it over to help you shape the end of your rope.

Step 3: Hold the rope in you off hand and the folded paper in your good hand and press and wrap it around the rope as tight as you can and pull and twist off the end. You should have a bullet shaped smooth plastic end at this point.

Step 4: If not, Repeat step 1 to 3 as needed.

CLEANING / WASHING ROPE

Now when working with rope, rope can get dirty really fast, rope is like a little kid, it will piece up anything it can touch!. So it best to make sure the area you doing rope bondage is clean, and make sure the rope is clean at all time. Because whatever get embedded into the rope, will be embedded into you victim when you tie them up with the rope. Rope loves to snag on things, especially glass fragments, paper clips, jewelry, shoes the top is wearing, etc.

Checking rope before use

The easiest way to do this, which also works with the style of Japanese rope bondage, is doubling up the rope. The easiest want to do that, is fine the 2 ends

of the rope (the Tails), take your main hand, spilt the 2 tails between 3 of your fingers in your off hand (so.. Finger / rope / finger / rope / finger) and pull the rope threw till you get to the other end, the mid point (the bite). Now what this will do is you can feel the entire rope going threw your fingers. Now keep pulling the rope till you get to the center. Doing this you will make sure your rope is nice and clean and ready to be put on your victim.

Washing rope

MFP, Cotton, Nylon etc. The easiest way to clean these types is to do a chain stitch to it, throw it into a pillow case and tie a knot to keep the pillow case closed. By doing this, you can then put the pillowcase usually with up to 200 to 250 ft of chain stitched rope in it, into the washer. Set it on cold to warm (remember MFP doesn't like heat), and throw some crystal bleach in with it (don't use liquid, it leaves a weird coating on the rope), and wash it like you do your clothes. Then hang it to air dry, which should only take no more then 8 hours. This work with most common American rope, such as cotton and nylon also.

Hemp / jute / sisal etc which are plant fiber based type of rope, putting them in a washing machine is not a very good idea. The best way to clean those types of rope is to boil them in a pot of hot water, sun drying and then oiling them with mink oil or Vaseline once done. You should not boil plant fiber rope more then a couple times a year

Storing

Storing rope is very important, because 98% of the time most likely you won't be using your rope. So you want to make sure it is stored properly so when you want to use it, its ready. You always want to keep rope in a dry area, so that it won't mold, and out of direct sunlight so it wont warp, and don't place other equipment on top of your rope, so it won't get compressed or damaged.

I normally store my MFP, Nylon and Cotton based rope chain stitched in a bag, or hanging from a rack. Plant fiber based rope which is twisted rope, you want to do an Over-arm Coil or figure 8 coil to, to keep the rope tight and from untwisting.

Rope & Knot Basics

Now when I first wanted to learn rope bondage, there was no one local to teach me (which is why I teach anyone who wants to learn). So there is a lot of misconceptions about rope bondage. There is usually 3 things I hear from people when I first mention doing rope bondage. That they don't know any knots, it's too hard to do, and it takes too long too do. But Japanese rope bondage is really easy to do. All you have to do is follow a couple basic rules, and the rest is just being artistic.

Knots

Now usually the first thing I hear from people about rope bondage is they were not in the boy scouts so they don't know to tie tons of knots. Well there are people with a knot fetish who love to use tons of different knots, but I just love tying up people and having fun fetish, so I only use (and pretty much only know) 3 knots. The square knot, and a half-hitch and the larks head. All 3 of these are very simple and easy to do.



a square knot nice a tight!"

Square Knot - If you can tie your shoes, you can make a square knot. Its just like the first part of tying your shoes, and for the second part you repeat the first half in the opposite direction... Remember "right over left, left over right ... makes



If you do it wrong, right over left, right over left, you get a granny knot which slips!



Half Hitch (and Hitch and a Half) - The half hitch is a little harder but also very useful. You wrap the rope around what you going to bind too, fold it over itself, then push a loop under the first part, the pull the tails through the loop and pull tight. If you do 3 half hitches, we call that a "hitch and a half". its possible for a half hitch to slip, but if you do 3 in a row, its easy and fast to make, and virtually impossible to come apart.



Larks Head - The thing I use the most, which really is not a knot, is called a larks head. Basically you wrap the rope around the body or limp, then put the tails the the bite (folded mid point) from the opposite direction and pulling the tails in the opposite direction till snug.

Basic Techniques

There are 3 basic techniques used for Japanese rope bondage; Folding, banding and layering.



rope and creates larks heads easy.

Folding / Bight: is when you find the center of the rope, and fold the 2 halves over creating a bite and 2 tails. Almost all Japanese rope bondage is based of this technique. It makes the rope act like its twice as wide (so 3/8" rope acts as its 3/4" wide), makes it faster to use up the



Banding: is when you double, triple etc. up the rope up to make it act as it wider then it is to spread out pressure on the surface of the skin. Folding is a version of banding, and you can use a folded rope to create more banding. So a 3/8" rope can act as is 3/4", 1 1/4", 2 1/2" wide etc.

Layering: is when you take several different pieces of rope or techniques and layer them on top of each other, or have them effect each other. For example, making a chest harness, then taking another rope, and using one the ends to tie to the chest harness, and the other end to a beam. The Boola-Boola Below is an example of layering in one technique.



Boola-Boola

(Turn band with and under and over square knot)

Boola-Boola: As it's was coined by Numinous at Black Rose '02 and stuck (I called it the Japanese suspension cuff knot thingy myself, but I like Boola-Boola better), is probably the most important technique of Japanese rope bondage in my opinion by far!!! It's a mix of the technique of Banding. Layering and a Square knot all in one. And by putting them together (layering them) you are basically making a suspension cuff out of rope. You can do this with a Single strand of rope (show above for simplicity), but I suggest you use a folded piece of rope (as in the right photo) with the bite as the part wrapping around the limb and making the square knot with. For a

limb, you will need about 1.5 to 2' of rope to do this, and for the body, about 10. And when you finish it off, you want the bite to be sticking out of the square knot by about 1.5 to 2". The tail part of the rope can be as long as you want so it can reach to whatever you need to tie too. Then nice thing about this knot is if you need to get your sub/slave/bottom out of it fast, you just have to untie the square knot and it's done. Another advantage to this knot is if you play with an escape artist, you put the tails through the bite, and then it's impossible for them to untie the knot!

To Make a Boola-Boola you start off by bringing the bite, and wrapping it around the body part as many times as you want, 2-3 full turns are usually best. Then fold the bite over the tails (opposite end), then fold it under band you created and pull the bite through to the original side it came from. This prevents the band from tightening on the limb under stress. Then tie a square knot (see far above) on top of the band. This technique is good for making a rope suspension cuff, and probably the most important thing with doing suspensions.

Bar Wrap: A bar wrap is when you take the tails of rope and wrap them around a band of rope nice and tight. Basically you end up making a handle you can grab and lift with. And a beautiful way to use up extra rope!

Other Useful Knots



of a rope forming a lariat loop.

Eight-Knot ([Flemish] Eight) - A useful "Stop" knot, the knot itself looks like its name. It's used to keep a rope from sliding through an eyelet. Often used in such places as the end of a string when tying a package with a slipknot or in the end



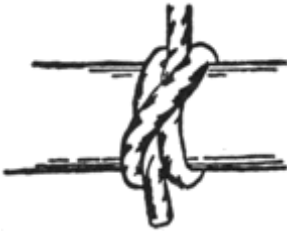
To form a double figure-eight, simply pass the rope around a bight, then follow the line back through the figure eight to the beginning.



Simple Noose - An easy to tie sling. Attention: this sling pulls itself tight - so don't ever use it around any parts of your body. Also known as a simple Lariat, the knot forms the fixed loop through which the cowgirl/cowboy pokes through the remaining long rope to form an elastic Hoop, which is then spun overhead (lots of wrist action) and thrown to capture (or lasso) an animal.



Bowline - A commonly used knot to tie a loop in the end of a rope. It has the advantage of not jamming, if you compare it to some other loop forming knots. The bowline has been called the king of knots. It will never slip or jam if properly made and, thus, is excellent for tying around a person in a rescue. Begin by formatting an overhand loop in the standing part. Then take the free end up through the eye, around the standing part and back where it came from.



Clove Hitch - This is one of the most widely used knots. Because it passes around an object in only one direction, it puts very little strain on the rope fibers. Tying it over an object that is open at one end is done by dropping one overhand loop over the post and drawing them together. The other method of tying it is used most commonly if the object is closed at both ends or is too high to toss loops over. The latter is used in starting and finishing most lashings.



Butterfly Knot - Start the knot the same way as a figure 8 knot, but do not complete the last step. (In other words, make the two twists in the rope, but do not pass the rope through the loop.) Then you should have two loops, an upper loop, and a lower loop made by the twists. Now drop the upper loop down the back under the lower loop. Pull it back up through the lower loop and it should look a little like a butterfly. Now pull the two ends tight with one hand and the loop with the other. Now you have a loop in the knot which can be used in climbing or pulling large objects with a tackle and the rope still has both the ends. The butterfly knot can be made anywhere in the rope and is extremely useful.



Sheet Bend - The sheet bend is the most important knot for joining two rope ends, especially if the ropes are of different sizes. Sailors named it in the days of sailing ships when they would "bend" (tie) the "sheets" (ropes attached to the clew of the sail).

Begin with a bight in the larger rope. Then weave the end of the smaller rope through the eye, around the bight, and back under itself. Snug it carefully before applying any strain to the knot.



Surgeon's Knot - The surgeon's knot is a square knot with an extra twist. The purpose of this knot is to give added friction to hold until the second crossing is made.



Part 3

Rope Restraints

French Bowline



The "Wrist and Ankle Restraints" tutorial elsewhere on this site describes our preferred method of making those restraints. This handout describes another method, which is called the French bowline.

This method has a couple of features that are useful in special situations. It is easier to tie quickly in the dark of a dungeon. It is difficult to keep the loops of our standard restraint from crossing (which would create pressure points) when you can't see what you are doing. Also, the tail of this restraint is a single rope. Depending on what you are tying it to, that may be better than the twin tails of the standard restraint. And this restraint uses less rope than the standard restraint, so it's handy when you're running out of rope.



The tie begins with a 12-foot length of 5/16-inch rope. Drape the rope over the limb to be tied, with the long end away from you, and a couple of feet between you and the limb.



Make a counter-clockwise loop over the limb, with the short end of the rope on top, like this.



Take the short end under the limb, and bring it over the top again.



Bring the short end of the rope through the loop, from back to front.



Pull it snug, but not too tight. The general rule is that you should always be able to slip a finger between the ropes and the skin. If you can't, it is too tight, and may cause circulation problems or nerve damage.



Pass the end of the rope under the limb, as before, and bring it through the loop again, from back to front, to the right of the previous wrap. Continue this process until you have 4 or 5 wraps.



Take the short end of the rope, and wrap it behind the long rope, counterclockwise.



Now push the end back through the loop.



Gently pull alternately on the short end and the long end until the knot is all snug.

When tension is exerted on the long rope, the loop clamps down on the wraps around the limb, keeping the restraint from tightening up.

The final result looks like this.

Hair Bondage



Hair bondage is a fun way to control your submissive or bottom. With her hair bound, you can use the ropes like a leash, directing where she can look.

Or you can tie the ropes to something, immobilizing her head. Be sure that she is properly supported, so she does not end up hanging by her hair if she should slip or pass out. Or you can pull her head back, exposing her throat, and making her look and feel really vulnerable. (Be careful how far you pull her head back; some people have trouble swallowing with their head tilted back. And it goes without

saying that you should make sure she does not have any neck problems that this would aggravate.)



To do hair bondage, you will need two five-foot-long pieces of rope. To begin, take one piece of rope and tie an overhand knot in it, with the ends at the bottom, like this.



Gather up the hair, like you were making a pony tail. Slip the loop over the hair, and pull it snug, but not tight.



Take the second piece of rope and tie an overhand knot in it, with the ends at the top, like this.



Slip this loop over the pony tail, next to the first one, and pull it snug, but not tight.

We now have four rope ends, and we are going to braid them, using a four-strand whipmaker's braid. This will spread the load over the hair, making it less prone to damage. It works kind of like the old Chinese finger trap toys; as the ropes are pulled, the braid gets tighter all along the length of the hair, trapping it in place.



To begin the braid, take the rope farthest away from you on the right. Bring it down underneath the pony tail, from right to left, then bring it between the two strands on the left.

Note: At first glance, it may appear from the picture that it is the rope nearest you on the right side that went underneath the pony tail. That is an optical illusion; it is truly the rope farthest away from you.



Take the rope that is in your hand and bring it back over the pony tail, so it is on the side you started with, but now it is the closest rope. Pull all the ends taut.



Now take the rope farthest away from you on the left, bring it down underneath the pony tail, from left to right, then bring it between the two strands on the right, and back over to the left, where it started.



Now pull all the ends taut.



Continue this process, alternating between the rope farthest away from you on the right, and the rope farthest away from you on the left, pulling the ends taut each time. Soon you should have something that looks like this.



At this point, there are a couple of ways to finish off the braid. The simplest is to take the two pairs of ends, and tie them in a square knot (left over right, then right over left).

A fancier way is to take the four ends, and braid them into the four-strand chevron braid described in the braided crotchrope tutorial. The result looks like this.

Finger Tie



Hojojutsu Finger Tie



Although the Hojojutsu ties in books all start with a rope around the neck, this is too harsh and injury-prone for play. Instead, we start by centering a length of rope at the back, at shoulder-blade level, running it to the front under the armpits, then over the shoulders and down the back. This provides the same rope orientation, without the danger to our captive.



Have your captive put her hands behind her back, with the palms facing behind her, and intertwine her fingers. She should remove any rings, and push her hands as far together as she can. The tie works best when the knuckles at the base of the fingers are interlocked.



Take the doubled rope, and run it over the interlocked fingers.



Take the rightmost strand of the up rope and bring it over the down rope, and down behind the hands.



Now take the rope up behind the hands, coming out to the left of the down rope.



Take the other strand of the up rope and bring it counter-clockwise around the outside of the interlocked fingers and back up.



Bring the end over the hands and back down behind them. Like many Hojojutsu ties, this does not end in a knot. Instead, it depends on the captor pulling on the ends of the rope to keep it tight enough. If your captive starts trying to get her fingers loose, you can just pull harder to lock them in place.

Marling Hitches



Marling hitches are used on sail boats to fasten a furled sail to a boom when it is not in use. They are a series of overhand knots that spread the pressure along the length of the sail. They are useful in rope bondage any time that you want to fasten a limb to something, applying gentle pressure along the length of the limb.

Here we are marling our captive's arms to the uprights of a chair. You could use marling hitches to fasten your partner's arms to a porch railing, or her arms and legs to an X-cross.



Marling hitches do not hold well against pulls along the axis of the limb (they just collapse), so they need to be backed up with something that will resist axial pulling.

Here we use our standard wrist restraints. (See the Wrist and Ankle Restraints tutorial for how to make these.) The wrist restraints are tied to the back legs of the chair, just below the seat, holding her hands in place.



We start the marling hitches with a lark's head around the wrist and the upright of the chair.



Now, instead of wrapping the rope in the opposite direction, so it pulls against the loop, we continue in the same direction and wrapping around the arm and the chair. It looks better this way.



Bring the rope around and cross it over itself.



Now run the top rope under the bottom rope and up the arm, forming an overhand knot.



Make sure you cross the top rope over the bottom before going under the bottom. If you don't, you will have half-hitches, rather than overhand knots, and it won't hold in place as well. To tell if you are doing it right, make a bunch of marling hitches around a wooden pole, then pull out the pole. If you end up with a series of knots, you did it right. If you end up with just a piece of rope and no knots, you didn't do it correctly.

Continue making overhand knots up the arm, making sure that your tension is even, and not too tight.



When you reach the underarm, and you cannot make any more half-hitches, tie the end of the rope to the top of the chair back.

Now do the same thing on the other side. This will give her arms a nice, completely-confined feeling. And if she is a struggler, it will make it a lot harder for her to loosen the wrist restraints by pulling against them, since she will have almost no arm mobility.

Quick Capture Arm Tie



This is a quick tie for immobilizing your partner's arms. It can also be the beginning of a breast harness. One nice feature of this tie is that if your partner's wrists start falling asleep, you can untie them without undoing the rest of the arm tie.



We begin with a 20- or 25-foot length of rope. Have your partner cross her arms behind her back. Drape the doubled rope over her arms, so that a couple of feet of rope are hanging down.



Wrap the rope around her wrists several times. You do not have to make it too tight. The rest of the tie will keep her wrists from pulling free.



Tie a square knot with the ends of the rope. Left over right...



and right over left.



Bring the end of the rope around the front of the body...



and around to the back, so that it crosses the upper arms a little above the elbows. Loop the rope around the rope from the wrist tie.



Go around the front of the body again, in the opposite direction.



Bring the rope around to the back again.



Loop it around the rope from the previous pass.



Go around the front of the body one more time.



Again, loop the rope around the rope from the previous pass.



Bring the end of the rope under the rope that just came around from the front, forming a half hitch.



Pull it snug.



Repeat the procedure again, forming a second half hitch.



Pull it snug, and you are done.



Here is the completed tie.

To tie this tie even more quickly, you can spin your captive back and forth as you loop the rope around her, rather than walking around her. This is quicker, and can give her more of a captured feeling as she spun around.

Solomon Bar Rope Cuffs



These wrist and ankle cuffs have the feel of rope, but the convenience of leather restraints. Race Bannon, of San Francisco, used to publish a brochure on making them, which is where I first learned about them.

Slowly applying layer upon layer of rope to someone can be very erotic. But sometimes you just want to restrain them quickly. These restraints are as quick to apply as leather cuffs, but are much less expensive, and are completely adjustable.



For each cuff, you will need two ropes. The lengths aren't all that critical, but 11 feet for the main rope (shown here in black) and five feet for the cross rope (shown here in red) is about right.

Take the main rope and double it. Take the cross rope, and tie an overhand knot in the middle, around the doubled main rope. Leave a little bit of a loop of main rope sticking out of the knot.



Cross the right end of the cross rope from right to left over the main rope.



Now cross the left end of the cross rope from left to right under the main rope, and stick the end through the loop that was formed in the previous step.



Pull the ends of the cross rope tight. You have just tied a square knot around the main rope.



Now cross the left end of the cross rope over the main rope from left to right.



Cross the right end of the cross rope under the main rope from right to left, and stick the end through the loop you formed in the previous step.



Pull the ends tight.



Continue making square knots, alternating the left-to-right, right-to-left and right-to-left, left-to-right pattern. If you get confused about where you are in the sequence, just look at the loops; one end of the cross rope has loops that stay on top of the rope, and the other end has loops that stay under the rope. Just make sure you continue that pattern, and you will be OK.



Keep tying square knots until you have enough to go around the wrist or ankle. Take the ends of the main rope and run them through the loop in the main rope. The square knots should completely surround the wrist or ankle, and the restraint should be snug, but not tight. If it is too snug, add some more square knots. If it is too loose, take some away.



Here is how the restraint looks on the wrist.



Now take the ends of the cross rope, and tie a square knot over the loop, locking it in place. Tie the ends of the main rope to something, and your partner is restrained.



When you're done playing, just untie the knot around the loop, get some slack in the main rope, and slide the restraint off the wrist or ankle. You can keep it like this, ready for next time you want to play.

Wrist & Ankle Restraints



ties do.

This is a wrist or ankle restraint based on a climber's Prusik knot. It is safe, because it won't tighten up when your victim struggles. And it doesn't have a lot of bulk where the ropes come in, like some restraint



doubled rope with a loop at the end.

To make the restraint, you will need a 12-foot length of 5/16-inch rope. Start by putting the two ends of the rope together, so you have a six-foot length of



Slip the loop over back over the ropes, forming a doubled loop. This is called a lark's head.



Slip the lark's head over your captive's hand or foot, so it is around their wrist or ankle.



Pull on the loop, in order to get some slack.



Wrap the loop and the extra slack around the wrist. The ropes from the loop should be on the outside, and the long ends on the inside.



Reach through the loop and pull the long ends of the rope through.



Pull on the loop again, to get some more slack, and wrap the loop around again. You may have to help the ropes move around the wrist or ankle.



Reach through the loop again, and pull the long ends through. Pull on the long ends, helping the ropes move around the wrist or ankle, until the wraps are comfortably snug, but not tight. It should look like this:



Take one of the long ends and pass it under three of the wraps, starting at the outside and pulling it out the middle.



Pull the end taut.



Take the other long end and pass it under three of the wraps, starting at the outside and pulling it out the middle.



Pull the end taut.



Repeat the procedure, taking one of the long ends and passing it under three of the wraps, starting at the outside and pulling it out the middle.



Pull the end taut.



Take the other long end and pass it under three of the wraps, starting at the outside and pulling it out the middle.



Pull the end taut.



The final result looks like this. When your captive struggles, the loops around the wraps tighten, locking them in place so they can't tighten around the wrist or ankle.

Be careful not to make the wraps too tight to begin with. You don't need to; they are secure even if they are only fairly snug, and if you make them too tight, you will cut off circulation, forcing you to untie your captive long before you want to.

Wrist Tie



Here it is, the single biggest secret to Japanese style rope bondage -- no, it's not the beautiful girl (or guy.) It's the loop. Double your rope, creating a loop in the very center. If you're working with a 10m length, as we are here, this will give you a doubled piece of rope approximately 5m (about 15ft) to work with. This "knot" is often called a lark's head - though it really isn't unless you then pass the working end(s) through the bight (the looped part) after it's been passed through a ring, or around a pole. Think of luggage tags, and you get the picture.



Have your subject place their wrists together, and start wrapping with the working end of the rope. The looped end here is in the left hand, and the working end in the right. Note: it doesn't really matter which end you wrap with, but one advantage of doing it this way is that you can measure out how much of the "bight" end is left over. This helps leave you with a knot with a loop later that is just the right size. This extra bit of careful tying doesn't make a whit of difference with this basic tie, but when you build more complex ones from this ... it will.



After wrapping the working end around the wrists two or three times, catch the final turn with the looped bight.



Next, take the bight underneath the turns above the wrists.

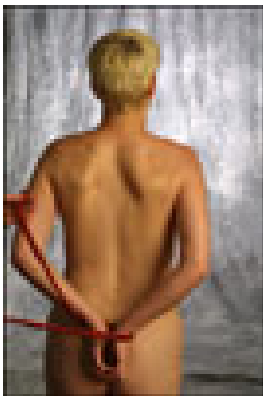


A simple knot completes the process. With hemp, this will hold without problem - with a synthetic rope, you might have to tie a square knot.

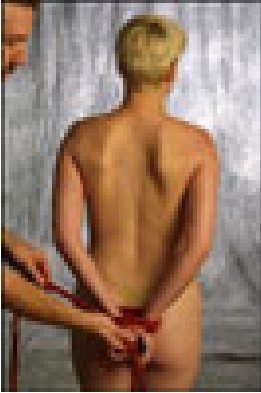


Here's our finished project. There are actually many different ways to do this basic tie -- and no absolutely right way to do it.

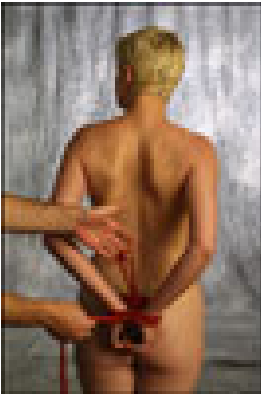
Arm Bind



Here we start by having our subject place their hands in back.



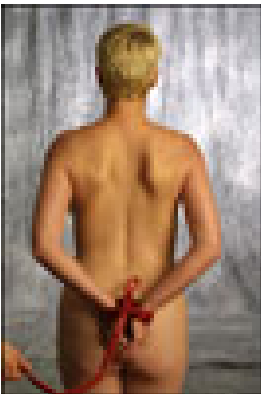
With the now familiar doubled length of rope, measure enough of the looped end to wrap around the wrists two or three times. The reason we do this with the bight end is so that we don't have to run the entire long end around the wrists -- pretty obvious, but in the heat of play you forget these kinds of things.



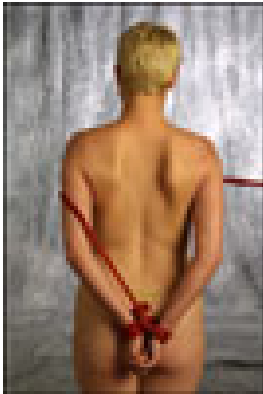
Leave a little extra ...



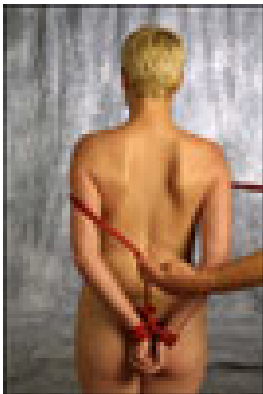
... wrap the looped end behind *all the strands*. This is so that when pulled, the rope won't noose up on the wrists under pressure and cut off circulation in the wrists.



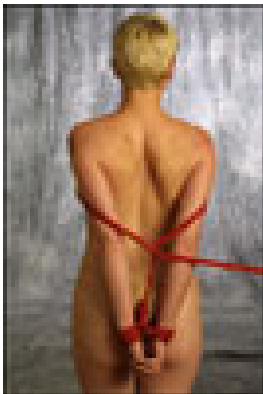
Tie off with a simple square knot, leaving a tad bit of loop to possibly be used later.



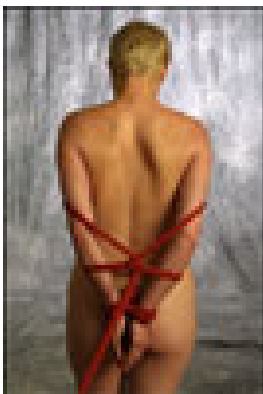
Next, take the loose end around the front, over the breasts. Keep tension on this line with the right hand as well. Why will become apparent in a moment ...



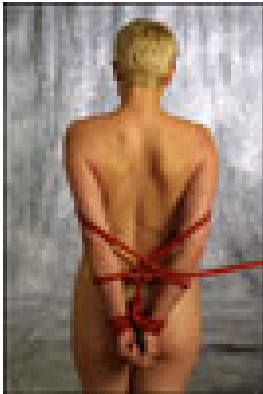
...because the next step is to run your line behind that spot and support the wrists.



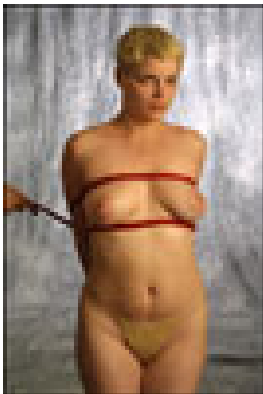
Pull up a bit to get things centered.



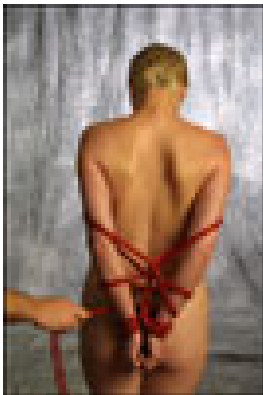
And wrap around the front, on top of the breasts again. Line up your rope strands for that clean look.



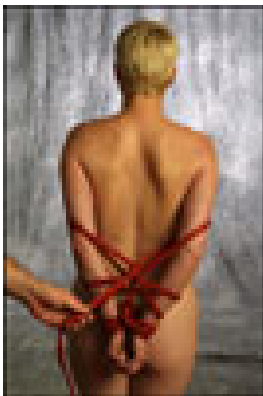
Catch the center section going the other way.



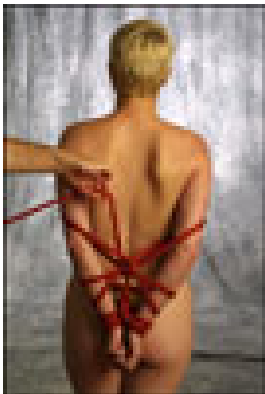
Then go once under the breasts. This is how it should look from the front.



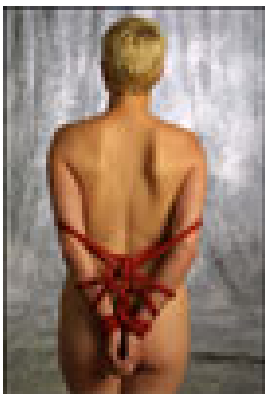
... and the back.



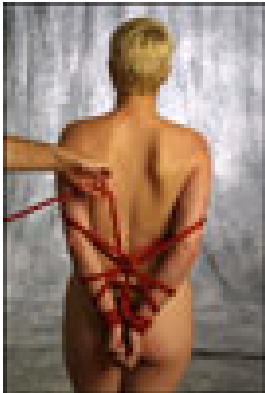
Just wrap to balance this out before the next steps ...



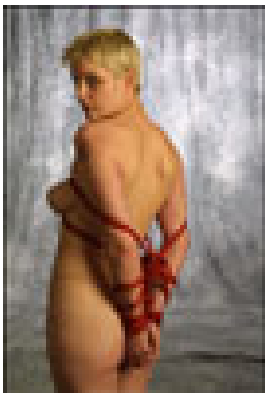
And now under one arm and towards the front ...



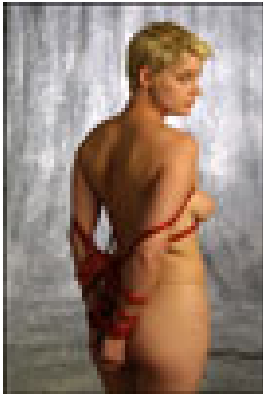
... and under the bottom strands. Another good way to do this is to bring the top strands down a bit on the arms and cinch both top and bottom together, but we're just going to do the bottom ones in this tutorial.



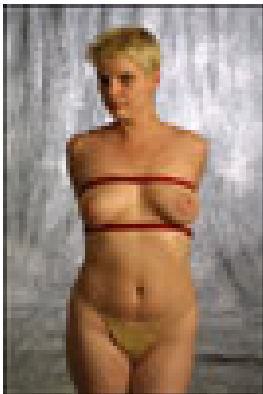
There. Cinch it up a bit ...



And bring it to the rear.



Do the same with the other side.



One last knot, and you're done.



Part 4

Rope Body Bondage

Bow Tie



The Bow Tie is a comfortable, but hard-to-escape tie that your partner can stay in for a long time. My Mistress calls it the Bow Tie because when she is tied this way on her back, she feels like a tightly-strung bow.

To do this tie, you will need about 30 feet of rope for the arms, and about 12 feet for the legs. We are using 5/16-inch MFP rope.



Have your partner sit cross-legged, with her arms extended in front, and her palms together.

Take your 30-foot rope and double it. Wrap the loop around her wrists, then run the ends of the rope through the loop.



Wrap the rope in the opposite direction (so it pulls against the loop). Wrap three times around the wrists.



Pull the ends through the loop that was formed when you reversed the direction of the rope.



Wrap the rope between the wrists three times, forming cinch loops. The rope should be snug, but not too tight. You don't want to make your partner's hands fall asleep, or cause nerve damage, so be careful.



Run the ends through the original loop, but don't pull it tight yet; leave a small loop.



Run the ends through that loop, forming a knot, and pull it snug. This will keep the wrists from tightening up.



Now run the end up the arms. Just below the elbows, wrap the ropes once around the forearms, run the rope under itself, and start wrapping in the other direction.



Do two or three wraps. The wraps should be just below the elbows. You should not wrap across the elbow joint itself, because there are a lot of nerves and blood vessels there.



Run the rope ends through the loop that was formed when you reversed directions, then wrap crosswise, forming cinch loops. Again, you want the rope to be snug, not tight.



After you do three crosswise wraps, run the ends through the loop formed when you reversed direction.



Run the ends under the wrist to elbow rope but don't pull them tight yet; leave a small loop. Run the ends through that loop, forming a knot to keep the elbow ropes from tightening up.

Take the ends, and run them up either side of the neck. Tie them together behind the neck. Make the knot a little off center, so it is not resting against the spine.



The completed arm bondage looks like this.



To do the ankle tie, take your 12-foot rope and double it. Wrap the loop around the ankles, then run the ends through the loop, just like you did for the wrists.



Reverse direction, so the rope is pulling against the loop, and do two or three more wraps around the ankles, then pull the ends through the loop that was formed when you reversed directions.



We will not be using cinch loops for the ankles, as they tend to tighten up and get uncomfortable very rapidly. Take the ends of the rope, run them under the wraps. Do not pull them tight yet, but leave a little loop. Run the ends through the loop, forming a knot that will keep the ankle wraps from tightening up.



You should have a couple of feet of rope left. Take the remaining rope from the ankle tie, and run it between the forearms, then over the wrist wraps.



Run the ends down to the ankle wraps, then run them under the ankle wraps, capturing the wrists in place.



Bring the rope back up between the wrists, and cross the ends behind the wrist-to-elbow rope.



Tie a square knot to finish off the tie.



The completed tie looks like this.



If you want to have more access, just roll her on her back, like this.



Or like this.

Football Tie



I call it a football tie because it is kind of like a ball tie, but with one axis longer than the other, like a football. This is a compact tie, but less strenuous than a standard ball tie, and it provides good access.



We begin the tie by securing the wrists. Take about a 12-foot rope and double it. Now make a lark's head around the wrists.



Wrap the rope around the wrists several times, then pull the ends through the loop next to the original lark's head.



Now take a few cinch loops at 90 degrees to the first loops. Be careful not to make it too tight.



Run one rope end through the original lark's head, then tie the ends in a square knot.



Next we do a bar wrap on the elbows, using a 20 or 30 foot rope. This works easiest if you have her lie on her back and hold her arms up, so the rope doesn't try to slip down her arms while you are tying it. This starts out just like we did the wrists, but with a little more space between the elbows. The lark's head should be positioned near the



inside of one arm.

Take several wraps around the arms, leaving space between them.



Run the ends through the loop next to the lark's head, and start wrapping at 90 degrees to the original wraps.



Wrap all the way to the other side (or to the other side and back, if you have too much rope), then run one end under one of the loops, and tie the ends together in a square knot. Be careful not to make it too tight.



So far, it should look like this.



Have her pull up her legs, so they are beside her arms. Make a lark's head around her forearm, just below the elbow tie, and her calf, just below the knee.



Make several wraps around the forearm and calf, then run the ends through the loop next to the lark's head.



Now make a few cinch loops, just like you did for the wrist. Run one end through the loop, then tie the ends in a square knot.



Now repeat the same thing on the other side. The result should look like this.



Now make another lark's head around the lower leg and forearm, just above the wrist tie.



Take several wraps around the leg and forearm. We won't be doing cinch loops this time, to avoid putting too much pressure on the wrists.



Run one end through the loop next to the lark's head, and tie them in a square knot.



Repeat the procedure on the other side. The result should look like this.



Now we're finished. You can roll her on her back for better access.

Braided Crotchrope



This braided crotchrope is pretty, but also functional, since the braiding forms a pleasantly bumpy surface. To make this crotchrope, you will need two pieces of 5/16-inch rope, one 22 feet long, and the other five feet long. They can be the same color, as they are here, or they can be contrasting colors, in which case you will get a pretty chevron pattern along the braid.



To begin, take the midpoint of the 22-foot rope and place it at the center front of your partner's waist.



Wrap the ends around the waist, so you have two wraps above and two wraps below the midpoint, like this. Have your partner hold the ends.



Take the five-foot rope and double it. Pass the loop under the wraps in the long rope, from the bottom to the top, like this.



Pull the ends of the short rope through the loop, and pull snug.



Let the ends of the short rope hang. Take the ends of the long rope, cross the left end over the right end, and pull them snug.



Take the right end of the short rope and cross it over from right to left.



Take the left end of the short rope and cross it over from left to right.



Keep crossing the outside ropes over, alternating left and right sides, until you run out of short rope. Tie the ends of the long rope in a square knot (left over right, right over left), trapping the ends of the short rope in place.



Pull the braided rope through the crotch, making sure it is properly centered.



Bring the ends of the rope up under the waist rope in back, and pull until the crotchrope has the desired tension.



Pass the ends of the rope under the vertical part of the crotch rope, from right to left, then through the loop you just formed, from left to right, making a half hitch.



Take the excess ends, and wrap them around the waist until they are short enough to tie together with a square knot. Here is the final result, with the ends tied in front with a square knot.

Breast Harness 1



A good breast harness is an important part of rope bondage. In addition to its esthetic values, it can be attached to an overhead support, and can keep your partner from falling if she should pass out.



To make a breast harness, you will need two 30-foot lengths of 5/16-inch rope. Take one length of rope, double it, and run the end through the loop, centering it at your partner's back.



Wrap the rope around the front of the body, from left to right, so it is pulling against the loop.



Continue wrapping the rope around to the back, under the breasts.



Pull the rope through the loop formed when you wrapped the rope, and begin wrapping in the opposite direction. When you come around to the back again, pass the rope through the loop, and reverse direction again. Continue until you have

eight strands of rope.



Pass the end of the rope through the loop, and secure it with a half hitch.



Pull the ends of the rope taut.



It should look like this.



Form a figure-8 knot in the ends of the rope. To do this, first make a loop in the rope, like this.



Then, instead of putting the ends of the rope through the loop, give the loop a half twist first, like this.



Pull the knot tight, and you have a support point.



Take the second piece of rope and double it. Pass the loop through one of the existing loops in the lower harness, then run the ends of the rope through the loop. Pull the rope tight to anchor it.



Wrap the rope around the front of the body, over the breasts.



Wrap around to the back, and run the ends through the loop.



Wrap in the reverse direction, then run the ends through the loop again and reverse direction again.



When you have three double strands of wraps, secure the ends with a half hitch, like you did for the lower harness.



Separate the two ends, and lead them over the shoulders.



Here is the view from the front.



Run the rope ends under the upper set of wraps.



Loop the rope ends around the upper wraps, so that the ends go in between the ropes from the shoulders.



Pull the ropes taut.



Run the rope ends under the lower wraps.



Loop the rope ends around the lower wraps and pull taut, just as you did with the upper wraps.



Take the rope ends, and feed them under the upper wraps from the bottom. Pull the ends down.



Feed the ends under the lower wraps from the bottom. Pull on the ropes, pulling the upper and lower wraps together. This gently squeezes the breasts, supporting them and making them more sensitive.



Continue looping the rope between the upper and lower wraps until you run out of rope. Run the ends under the ropes from the shoulders, and finish them off with a square knot. The finished product looks like this.

Breast Harness 2



Start by doubling a twenty-five or thirty foot length of rope. Wrap around the top of the breasts once.



Catch this in the back with a lark's head knot.



Wrap again around the front, making sure your ropes line up evenly.



Run your lines through the lark's head, evening out the tension.



Another wrap around in the other direction, underneath the breasts.



Bring the end of the rope through to the back again.



Now I'm going to finish this with a kind of over-large bow for illustration purposes, but there are any number of methods to do this.



Even things out a bit and ...



Voila.



Here we are - four strands above, and two below.



On to part two. Start again by doubling your rope, then tie a knot around the center section.



What knot, you might ask. Well, I used a simple overhand knot here - make's it easier to untie later (than a lark's head.) With hemp, this will hold, but you might want to go with a square knot or something else, especially if you're not using hemp.



Pass once around, underneath the breasts ...



After sliding the rope to catch its own starting pair of strands, and bring the working end up. It's best to go from one side, and then over the opposite shoulder, otherwise you get a kind of suspender straps kind of thing, which isn't what we're going for in this one. Ignore the two dangling strands here - they're left over from when we shortened up those large loops earlier.



Now, once under the bottom four strands.



A couple of simple crossings...



There.



One more knot in the back, and you're finished.



Front view.

Ball Tie



The ball tie is a compact tie that will make your partner feel all compressed and safe, yet unable to escape. It is a comfortable tie, and she should be able to stay in it for quite a while.



We will start by braiding two ropes into the hair.



Next we apply a breast harness. Double a 25 to 30-foot rope, and wrap the loop around her torso, just under her breasts. Run the ends of the rope through the loop, and pull the rope in the other direction, so it pulls against the loop.



Wrap the rope around her torso again in the opposite direction, then run the ends through the loop that was formed when you reversed direction.



Now reverse direction again, but this time wrap just above the breasts.



Run the ends under themselves, and reverse direction again.



Take another wrap above the breasts.



Run the ends under the previous wrap and pull snug.



Run the ends up under the previous wrap.



Now run the ends through the loop you just made, forming a knot that will keep the breast harness from tightening. Pull the knot tight.



Run the two rope ends up over her shoulders to the front.



Bring the rope ends under the upper chest ropes.



Take the ends back up, and run them under the upper chest ropes again, forming a loop around the upper chest ropes.



Pull the ends tight, snugging the loops around the upper chest ropes.



Repeat the same procedure to loop the ropes around the lower chest ropes.



Stick your finger in the loops you just made, and pull out some slack. This will pull the upper and lower chest ropes closer together. Now pull on the ends of the rope to take the slack back out.



Run the rope ends up and under the upper chest ropes again. Pull on them and work some more slack out, bringing the chest ropes closer together. This will make it easier to anchor the knees to the chest harness, but more importantly, it will provide pleasant pressure on the breasts, making them more sensitive.



Take the remaining ends, and wrap them around the ropes between the upper and lower chest ropes. This will tighten up the ropes, and also make them look more tidy.



When you get to the bottom, run one end under the lower chest ropes, then tie a square knot in the ends.

Now we've completed the breast harness.



Have your partner put her hands behind her, with her palms together. Take a 12-foot rope and double it. Wrap the loop around her wrists, and run the ends through the loop.



Reverse the direction of the rope, so it pulls against the loop, and wrap it around the wrists a couple more times.



Take the ends, and run them through the loop that was formed when you changed directions.



Now wrap the rope crosswise, forming cinch loops. Don't cinch the ropes too tight; you don't want to put too much pressure on the wrists and cause nerve damage.



After you do three wraps, take one of the rope ends and run it under the wrist wraps.



Take the two ends, and tie them in a square knot.



Now that her hands are secure, we can tie her knees. Take a 25 to 30-foot rope and double it. Wrap the loop around her legs, just above the knees, and run the ends through the loop.



Reverse the direction, and take a couple more wraps around the legs.



Take the ends of the rope, and run them through the loop that was formed when you changed directions.



Now take three crosswise wraps, making cinch loops. Note that we are not cinching the knees very tight. When the legs are bent, they will expand, tightening up the ropes. If we cinch them too tight now, they will be much too tight when the legs are bent.



Take one of the ends, and run it underneath the knee wraps, then tie the ends together with a square knot.



Now is a good time to gently lay her on her side. It will be much harder to move her once the tie is completed. Take a 25-foot length of rope and double it. Wrap the loop around her ankles, and run the ends through the loop.



Reverse the direction, so the rope pulls against the loop, and make three or four more wraps around the ankles.



After you have made the wraps, run the rope ends through the loop that was formed when you changed directions.



Now take a few crosswise wraps, to form cinch loops. The ropes should be snug, but not too tight; you don't want to make her feet fall asleep.



After you've done the cinch loops, run the ends underneath the ankle wraps. (Between the two sides of the wraps, not cinching them.) Don't pull it tight yet; leave a little loop.



Now run the ends through the loop you just made, forming a knot. This will keep the ankle wraps from tightening up. Pull the ends of the rope tight. You should have several feet of rope left over.



Now we've come to the fun part, the final assembly. Take the excess rope from the foot tie, and run it between her wrists, so it crosses the wrist bonds, then run it up underneath the lower and upper chest ropes. Gently press her legs against her thighs, and pull the rope taut.



Run it back down, crossing her wrists again, down to her feet.



Run one end underneath the ankle wraps, then tie a square knot in the ends.



Take a 12-foot length of rope and double it. Run the loop under the upper chest ropes, then run the ends of the rope through the loop. This anchors the rope to the upper chest ropes.



Run the rope ends under the knee wraps, then back up and under the upper chest ropes.



Gently fold her legs so that they are close to her chest, and pull the slack out of the rope.



Now tie a knot around the rope to hold it in place, as we have been doing.



Now all we have to do is to tie the hair braid we did at the beginning to the knee ropes, and we are all finished. She is a nice compact ball.

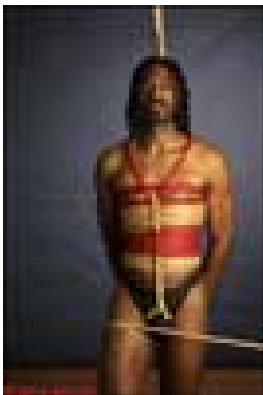


I hope you have as much fun with this tie as we do.
Have fun, and play safe!

Leg Suspension (Aosagi)



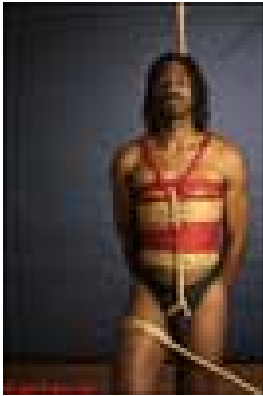
As this tie is a form of partial suspension, I highly suggest beginning with some form of overhead support line. This can be attached to a Shinju, Breast Harness, or a Rope Corset (shown here). This will create a security line in case the model should lose their balance.



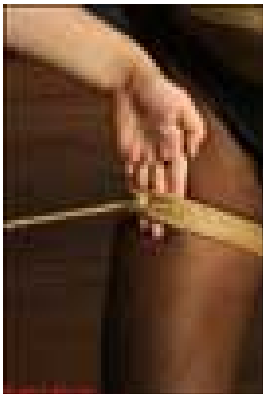
Make a bight by doubling a length of rope (25-30ft), and place it roughly at the middle front of the thigh. Run the loose ends of the rope through the bight.



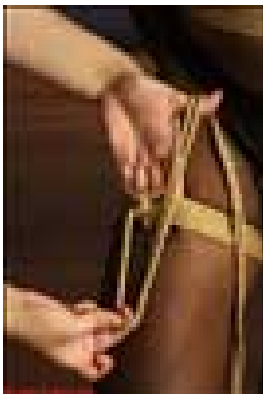
Create tension by pulling the doubled line back the opposite direction.



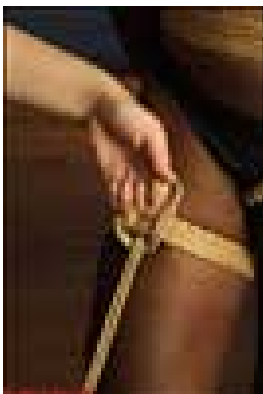
Wrap your loose ends around the back of the leg and return to the front. Pull the loose doubled ends through the new loop that was created by the last wrapping of the lines. Pull back in the direction from which the lines came, evening out tension between all the wraps that have gone around the thigh.



Wrap the doubled lines a third time around the thigh, pulling through the next loop that was created. Once tension is even, make sure there is enough room under the wrapped lines to barely fit 2-4 fingers snugly under the wraps. For larger individuals I suggest wrapping the lines a fourth time around the thigh for better weight distribution.



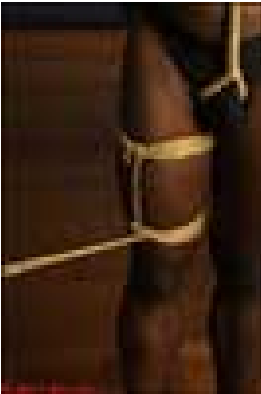
Pull the loose doubled lines down and then up over the series of wraps around the thighs. This will loosely resemble the letter V.



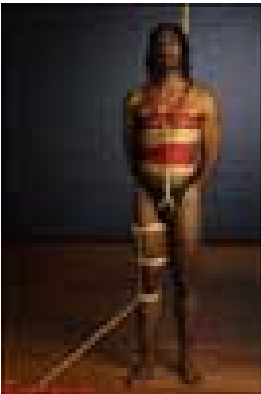
Pull the loose doubled ends under all of the wraps that go around the thighs, then over the bottom of the "V."



Pull the knot snug.



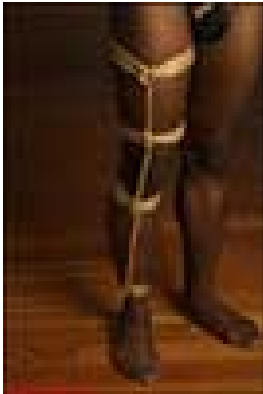
Repeat the above steps on a second tie located just above the knee.



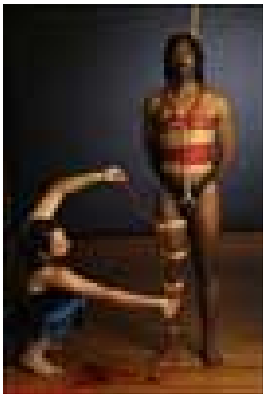
Repeat the above steps on a third tie located below the knee.



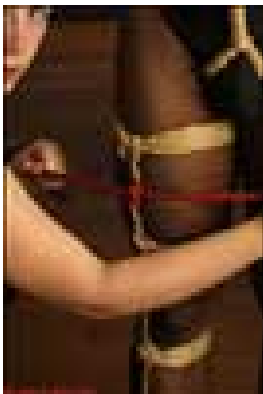
Repeat the above steps on a fourth tie located around the ankle.



With these four sets of ties finished, the leg tie is finished. From here you have the option of using this to tie off into an Aosagi (which translates as the "Heron" for it's one leg in the air pose,) or using the leg wrap to tie off to a piece of furniture, or another part of the body.



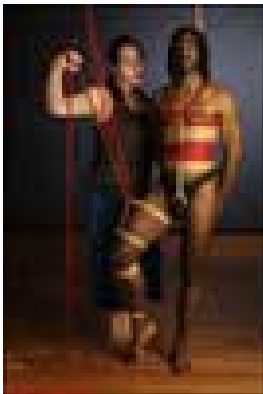
In this instance we will continue into an Aosagi pose, with DeLano pulled up onto his left foot. Take a doubled length of rope (25-30ft) and pull the bight under the line that runs between the top and second set of lines on the leg wrap.



Tie a square knot over the line and pull tight.



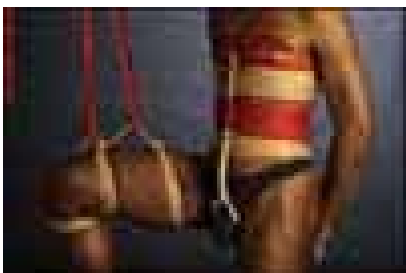
Pull the loose ends of the doubled rope up through the overhead point and back down.



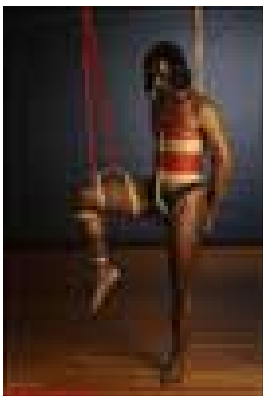
Pull the loose ends through the bight of the rope and back up creating tension on the line.



Pull the loose ends of the doubled line up through the overhead point again, back down underneath the line that runs between the second and third set of wraps, and back up.



You have now created a form of pulley system. Use this pulley system to pull the leg up as far as you want it to be in the air. In this case I pull the thigh and knee up perpendicular to the body.



Tie off the loose end of the line by pulling back up to the overhead point or by tying off directly to the line. You have now finished the Aosagi pose.



There are many variations to this tie.



Part 5

Advanced Ropework

Single-wrap Rope Bit Gag



This is an attractive, quick-to-make bit gag. The rope has a lot more give than rubber bit gags, so you won't get the jaw strain that you can get when you spend a whole scene chomping down on a rubber bit. This gag can be a handy way to deal with a mouthy sub. When your sub is mouthy, you can grab a piece of rope and start making up the gag. She should get the message. If she doesn't by the time you're finished, in goes the gag.



The gag begins with a length of 5/16-inch rope. We use a 12-foot piece, because that's one of our standard lengths, but anything over 6 feet in length will probably do. Double the rope, but do not match up the ends. Instead, measure about seven hand-widths up one end of the rope, and match the other end to that point. This will make the ends come out even when you are finished. (You may have to adjust things slightly, based on the width of your hand.)



About one hand-width from the end of the loop, start wrapping the long end of the rope around both strands of the loop, heading back towards the loop.



Continue wrapping.



When you have wrapped almost all the way to the end of the loop, so that the loop is just big enough to stick a strand of rope through, stick the long end of the rope through the loop.



Pull it tight.



Gently tug alternately on the two ends until the bit snugs up and is solid.



Here is how the gag looks in use. If you would like a bulkier gag, you can try the double-wrap rope bit gag, which is described in the next tutorial.

Double-wrap Rope Bit Gag



length of 5/16-inch rope.
shape about a foot from
The width of the S should be about 5 inches.



To make a rope bit gag,
you will need a 12-foot
Begin by making an S-
the end of the rope.



Begin wrapping the long end of the rope around the
S shape, moving toward the short end of the rope.
(In this case, the direction would be right to left.)

Leave enough of a loop sticking out of the wraps to fit one strand of rope.



Keep wrapping till you get to the other end of the S shape, and have just enough of a loop to fit one strand of rope through. Put the long end of the rope through that loop and pull it tight.



Continue wrapping, moving from left to right, forming a second layer of rope.



Keep wrapping until you reach the small loop you left at the beginning. Pass the end of the rope through the loop and pull it tight.



The completed gag looks like this.



And this is how it looks in use. As you can see, this is a pretty bulky gag. A lot of women may find this to be too large. In that case, you should try a single-wrap rope bit gag, which is described in the previous tutorial.

Quick Release Rope Bit Gag



The problem with most gags is that they fasten behind the neck. If your partner is lying on her back on the bed, it is difficult to fasten the gag without catching her hair in it. And removing the gag quickly in an emergency is difficult, because you have to fumble behind her neck to undo it.

This rope bit gag solves these problems. It is based on a Jack Ketch's knot, so if you know how to tie one, you're halfway there.



We start with an 8- to 10-foot piece of rope. About three feet from the end, make an S-curve, a little wider than your fist. You will have to adjust the distance, depending on the size of your rope, and how tightly you wrap.



Now grab the S-curve in your fist, and begin wrapping the three-foot end around it, moving toward the other end, and leaving a small loop sticking out.



Continue wrapping toward the other end.



When you get to the point where there is just a tiny loop remaining on the side you are wrapping toward, stick the end you are wrapping through that loop. This is where you may have to adjust your initial three-foot distance. If there is too much rope left over after you stick the end through the loop, or too much loop sticking out when you run out of rope, you can change your starting distance as needed. This bit of trial and error won't slow down your scene, since you can make the gag up beforehand.



Now grab the big loop, and pull it until the rope end is tightly trapped under the little loop. After you do this, the big loop may be too big. Just pull on the long end of the rope until the loop is the right size.



Now we get to the fun part. Have your partner open her mouth, and put the bit between her teeth.



Run the end of the rope under her neck, so that it come out on the same side as the loop.



Double the rope coming from under the neck, so it forms a loop. Stick this loop through the loop on the side of the gag. Pull it until the neck rope is snug, holding the gag in place. Hold the neck rope side of the loop, to keep the gag from loosening.



Reach through the loop, and grab the free end of the rope.



Pull the rope back through the loop, forming a new loop.



Pull the loop until the first loop (the one you were holding to keep the gag snug) collapses. At this point, you can stop holding it, and the gag won't come loose.



Reach through the loop, and grab the free end of the rope. Pull it back through, forming yet another loop.



Keep pulling on the loop until the previous loop collapses.



Double the free end of the rope, forming a loop.



Now cross one loop over the other.



Take the top end under the bottom end, and pull it out of the loop, and pull it snug. This is easier than it sounds; it is the same as the first step you do when you tie a square knot, or tie your shoes.



The finished gag looks like this.



The best part is when it is time to remove the gag. Since we basically chain-stitched the rope to fasten it in place, all we have to do is pull on the end of the rope, and the chain stitching comes apart, and the gag is out. No fumbling with knots or buckles, like with ordinary gags.

G-string Tie



This is a quick tie to do, yet comfortable to stay in all evening. It is a fun spur-of-the-moment tie that would be useful at parties and such. I think this would be an excellent first tie for introducing someone to rope bondage: she experiences the feel of rope and restraint, but still has enough mobility that she won't feel scared.



Begin with a length of rope, say 30 or 40 feet long. Find the middle of the rope, and drape it over the back of her neck, so it hangs down in front.



Lead the rope to the back, so it goes under the arms, then cross it at mid-back level, and bring the ends around to the front.



Now bring the ends of the rope down through her crotch, and back up to the back.



Have her hold her wrists close together behind her back, and tie each wrist with one of the rope ends coming through her crotch. John Willie used a clove hitch for this, but it tends to get very tight and uncomfortable very quickly. Instead, we will use a French/Portuguese bowline.



Bring the ropes around to the front and pull them taut. This will bring her wrists to her sides. Tie the rope ends together in front with a surgeon's knot. This is just like a square knot, but with a couple more twists to keep it from slipping as you tie it. First twist the left rope over the right, then twist each end one more time.



Keeping the ends taut, twist the right end over the left, and pull tight.



Put the ends together, pull them up, and tie a knot just underneath the breasts.



Bring the rope ends around to the back on each side. Wrap them around the arms and under the breasts several times.



Bring the rope ends around to the back, and tie them with a square knot or surgeons knot. And there she is, nicely restrained, but free to wander around the party, or to dance with you.

Rope Arm Gauntlets



Rope arm gauntlets are purely decorative. Although we've considered trying to make cuffs out of them, we haven't found a good way keep them from tightening up when put under tension. However, they are just the thing for submissives who are rope sluts, the kind that start to go under when they first feel the touch of the rope. They can wear them all night at parties and constantly have the feeling of rope on their bodies. The same technique can be used to bind the forearms or calves together, or to make rope corsets. This style of gauntlets is based on an old nautical technique, called cockscombing or ringbolt hitching that was used to cover iron ringbolts while providing a decorative appearance.



To make an arm gauntlet, begin with about a 30-foot length of 5/16-inch rope. (To bind the forearms or calves together, you will need 40 or 50 feet. To make a rope corset, you need a lot more, maybe a few hundred feet.) Double the rope, wrap the loop around the wrist, run the ends through the loop, and pull it snug. (This is



Bring the ends of the rope under the wrist, and bring them over the top again.



Bring the long end under the rope from the lark's head (the one that went under the wrist).



Make a horizontal loop in the rope, and bring it around the wrist in the opposite direction, coming out underneath the wrist.



Pull the end through the horizontal loop, so you have two pairs of ropes going through the loop.



Repeat the procedure until you are almost out of rope. Take the two ends, and pass one of them under a loop. (Exactly how you do this will depend on where you are when you run out of rope.)



Tie a square knot with the two ends. The final result looks like this.

Tri-color Removable Crotchrope



Braiding is a wonderful way to make crotchropes. Braided crotchropes are good looking, and their bumpy surface provides additional stimulation for your partner. If you want to slip a vibrator under the crotchrope, the wide surface helps hold it in place, and the vibrations are distributed all along the crotchrope. This crotchrope uses a three-color braid, which adds a decorative touch. And it is removable.

Often, with ordinary crotchropes, there comes a time in the scene when the crotchrope starts getting in the way of things. This crotchrope can easily be removed at that point, without having to undo a lot of your ropework. And if you don't want to slow down your scene while you braid up the crotchrope, you can braid it in advance, and attach it to the waist rope when you need it.

The materials you will need for this crotchrope are:

- 20 to 40 feet of black 5/16-inch rope for the waist rope.
- Eight feet each of red, black, and green 5/16-inch rope for the braid.
- Two rubber bands like they sell for holding ponytails in place.



Drape the three eight-foot ropes over the edge of your hand. The order should be red, black, and green, from front to back, and the ropes should be centered over your hand.



Grab the ropes just under your hand, and pull your hand out of the loops. You should have three loops, roughly three inches long, emerging from your fist. Slip a rubber band over the loops to hold them tightly in place.



Hold the ropes so that the red ropes are up. Cross the left red rope over the right red rope.



Now cross the right black rope over the red ropes, then cross the left black rope over the right black rope.



Now cross the right green rope over the black ropes, then cross the left green rope over the right green rope.



Continue alternately crossing the outside right rope over to the left, then the outside left rope over to the right. Keep the tension even and snug, for a nice tight braid. If you ever get two ropes that are lying side by side, with no crossing, that means you did two ropes from the same side in a row, rather than alternating. Just back up one rope, and use the rope on the other side.



Continue braiding until you run out of rope. When you get to the end, slip the second rubber band over the ropes to hold the ends in place. You can store the crotchrope this way until you are ready to use it.



Now we will make the waist rope. The length of the waist rope is not critical; somewhere between 20 and 40 feet, depending on your partner's waist size and how many wraps around the waist you want. I used a 38-foot length of rope that was handy. Begin by doubling the rope. Wrap the middle part (the loop) around your partner's waist, then pull the ends through the loop.



Now pull the rope so it is snug, then wrap it around the waist in the opposite direction (so that it is pulling against the loop).



Keep wrapping until you are almost out of rope. You should have two rope ends in your hand. Take one end and run it through the the loop (the one that was formed earlier when you changed wrap directions).

Now tie the two ends together in a square or reef knot (left over right, right over left). The completed waist rope should look something like this.



To use the crotchrope, slip the end with the loops up under the waist rope.



Now put the ends of the crotchrope through the loops.



Pull the rope so it is snug, with no slack in the loop, then run the crotchrope between the legs.



Run the ends of the crotchrope under the waist rope in back, and pull it so it is nice and snug.



Pull the end of the crotchrope under the part below the waist rope, from right to left.



Now take the ends under the loop around the waist rope, forming an overhand knot.



The completed crotchrope looks like this. There are a couple of alternative ways to finish the crotchrope. One is to unbraid the crotchrope to a few inches below where it meets the waist rope in back, then re-braid it into two three-strand braids (just like you use for making pigtails in hair). Put a rubber band on each end. Then slip one pigtail under the waist rope,

and tie the two pigtails in a square or reef knot. This is a pretty finish, and makes it easier to adjust the tension. For less bulk in the back, you could unbraid the end of the crotchrope as before, run one set of three ends under the waist rope, and again tie a square or reef knot, treating each set of three ends as one. And if you want a narrower crotchrope, you can follow the same procedure, but with two ropes instead of three. If you use contrasting colors for the ropes it makes lovely chevrons, just like the three-rope version. The end of the crotchrope with the loops is inherently prettier and less bulky than the end with the knot. So if you're doing this for show, put the loops on the side that shows. And if you're doing it for play, put the loops on the side she will be lying on.

Vibrating Crotch & Breast Ropes



Crotchropes are always fun, but they are especially fun when they vibrate. This tutorial explains how to make vibrating crotchropes, and how to use the same techniques to make vibrating breast ropes.



To make a vibrating crotchrope, you will need three 12-foot-long pieces of 5/16-inch rope, a "bullet" vibrator (the kind with a remote control attached by a cord), and a condom.



Take the three ropes, find the middle of each, and hang them over your finger, with the midpoint of each rope over your finger.



Grab the six ends, about seven inches from your finger, so you have a fist with three loops sticking out.



Run the ends so that they cross over the ropes, forming a loop.



Reach through the loop and pull then ends through it. Take a moment to groom the knot so that the ropes lie smoothly.



Hold the knot in your right hand, with the loops pointing down, and arrange the six ends so that they are draped over your fist and evenly spaced.



Stick out your index finger, and make sure that one strand is draped over it. Take this strand and, going counter-clockwise; lay it over the next strand. Take that strand, and again going counter clockwise, lay it over the next strand.



Keep doing this till you have done all six strands. The last end goes through the loop around your index finger (from the first strand you worked with). The strand goes in the direction opposite to the way your index finger is pointing.



Going counter-clockwise around the circle, gently pull on each strand, removing some slack. Don't try to remove it all at once, or you will pull the knot out of shape. Instead, go around the circle several times, taking out a little more slack each time. When you are done, you should have a symmetrical six-sided figure. Repeat the above procedure to make a second layer.



Take the "bullet" part of the vibrator, and put a condom over it. This makes cleanup a lot easier, especially if you have a vibrator that doesn't like being bleached.



Hold the vibrator in place over the two layers you just completed, and make a third layer. When you draw this one up tight, it will snug up against the vibrator, forming a larger six-sided figure than before. Be sure to hold the vibrator tightly in place, or the layers tend to push the vibrator out as you tighten them.



Keep braiding around the vibrator. When you get towards the top of the vibrator, you can tighten up the layers more and more, till they are the same diameter as the first layer.



You have now enclosed the vibrator in a rope covering, but it is probably very loose. For a better appearance, and to better transfer the vibrations to the crotch rope, you need to tighten up the braid. Using something like the end of a ballpoint pen (retracted, please), or a marlinspike, if you're really into knots, and starting at the bottom of the braid, pull out a loop of slack. Follow it up the braid, pulling out more and more slack, till you get to the top of the braided section. Pull on the appropriate end to remove the slack, and tighten up

the top of the braid again. Do this for all six strands. Here is a tip for following the braid. As it goes from layer to layer, each rope forms a pattern like the letter "N", with the crossbar going under two other ropes.



Hold the braided section in your hand, so that you have two strands going to your left, two going to your right, and two hanging straight down.



Take the left and right strands closest to the center, and cross the left one over the right one.



Now take the left and right strands farthest from the center, and cross the left one over the right one, on top of the two you just crossed.



Of the two ropes still hanging down take the right-hand one, bring it up and cross it over to the left. Take the remaining rope, bring it up and cross it over to the right. Pull the braids tight.



Take the outside rope on the right, and cross it over the others. Now take the outside rope on the left, and cross it over the others. Keep repeating this pattern. You will go from having three ropes on each side, to having four on one side and two on the other, then back to three on each side. Be sure to keep the braid tight; pull it snug after each left/right sequence. This forms a nice herringbone braid. (If you make one or two of the ropes a different color, you can get an interesting chevron pattern, too.)



Braid till you are close to the end of the rope, then tie an overhand knot in it to keep it from unbraiding itself. I like to tie a separate overhand knot in the three ropes on each side. It is less bulky, and it keeps braid from getting jumbled at the end.



To use the crotchrope, you can tie a waist rope around your partner, running the waist rope through the loops on the crotchrope, or you can tie the loop to the waist rope with a short length of rope. Run the rope between the legs, and over the waist rope in back. If your partner is standing, you can unbraid the crotchrope to where it meets the waist rope, and tie a knot there. If she is lying on her back, it is better to run the end of the crotchrope over the waist rope, and back down between the legs. This causes less of an uncomfortable bump for her to lie on.

Even so, you may have to put a pillow under her buttocks so she isn't lying on the bump. With your partner lying on her back, you don't even need to tie the end of the crotchrope. The bumpiness of the braid, and the fact that she is lying on the waist rope, will hold it in place. You can pull on the end to tighten it up, and it will stay tight. Now, restrain your partner as desired, turn on the vibrator, and enjoy.



The same technique for making crotchropes can be used for making a vibrating breast harness. You will need one more bullet vibrator and another condom. (Alternatively, you can use one of those double bullet vibrators, or even vibrating nipple clamps. With the vibrating nipple clamps, the clamp part is covered up by the braid, and they act like ordinary vibrators.) Follow the crotchrope directions, but when you get to the herringbone braid, braid only about six inches. (The exact distance will vary with

the spacing of your partners's breasts.) Now grasp the end of the braid in your right hand, arrange the six ends so they drape evenly over your fist, and repeat the procedure you did to enclose the first vibrator. When you get the vibrator enclosed, you can go back to the herringbone braid. If you have long ropes, you can extend the braid far enough that you can run it around your partner's back, run the end through the original loop, and tie it there. Here is an alternative approach. You can make a loop on the end of the rope, then use a single rope run behind her back to tie the loops together. This will be more comfortable if she

is on her back, because she has only two ropes, rather than a thick braid, to lie on.



them snug, so you have a nice loop in the braid.



To make the end loop, find a spot about four inches back from where you stopped braiding. Gently pull the braid apart at that point, so you have a hole on each side of the braid. Bend the braid around to form a loop, sticking the three left-hand ropes through the hole on the left side, and the three right-hand ropes through the hole on the right side. Pull

Now take the ends, and run them over the rope next to the hole and through the braid to the other side. Turn the braid over and do it again. You are weaving the ends over and under through the braid.

This makes the loop secure, and also makes the unsightly ends disappear. Keeping the vibrating breast rope in place can be tricky. It works best if your partner is lying on her back, and if she has large breasts. If you already have a breast harness on her, you can add ropes that attach to the breast harness below the breasts, loop around the vibrating rope, and attach to the top of the breast harness. This will keep the breast rope properly located. Now, turn on the breast vibrators, turn on the crotchrope vibrator, and give your partner an experience she won't forget.



Part 6

Advanced Ropework 2

Shinju



Here we start by having our subject place their hands in back.



With the now familiar doubled length of rope, measure enough of the looped end to wrap around the wrists two or three times. The reason we do this with the bight end is so that we don't have to run the entire long end around the wrists -- pretty obvious, but in the heat of play you forget these kinds of things.



Leave a little extra ...



... wrap the looped end behind *all the strands*. This is so that when pulled, the rope won't noose up on the wrists under pressure and cut off circulation in the wrists.



Tie off with a simple square knot, leaving a tad bit of loop to possibly be used later.



Next, take the loose end around the front, over the breasts. Keep tension on this line with the right hand as well. Why will become apparent in a moment ...



...because the next step is to run your line behind that spot and support the wrists.



Pull up a bit to get things centered.



And wrap around the front, on top of the breasts again. Line up your rope strands for that clean look.

Catch the center section going the other way.



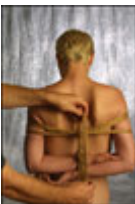
Then go once under the breasts. This is how it should look from the front.



... and the back.



Take a few wraps.



Just wrap to balance this out before the next steps ...



Cinch it tight.



And now under one arm and towards the front ...



... and under the bottom strands. Another good way to do this is to bring the top strands down a bit on the arms and cinch both top and bottom together, but we're just going to do the bottom ones in this tutorial.



There. Cinch it up a bit ...



And bring it to the rear.



Do the same with the other side.



One last knot, and you're done.



Finished version.



There we go.

Shinju Variation



There are a lot of different variations on the basic Shinju tie. It's one reason why it is easily the most popular. You don't have to start right at this point, or with exactly this pattern to make this add-on work. Just follow the basic principles, and make a few things up as you go.



Here we are at the back of the finished Shinju covered in Tutorial 3. We want to add some rope. Take a doubled length of rope and knot it to this portion of your workings.



I'm going to tie my bight off to this section, and rather than just securing it to the horizontal ropes. I'm making sure to go also around the verticle part that is holding the wrists up. This will prevent the ropes from loosening unintentionally as the knot might slide a bit with tension if only fixed on one axis. The knot is a simple overhand knot. You could also use a lark's head - I often do here - but by knotting this rather than running your working ends through the bight, it is easier to undo or shift around later.



There. Note that with the original tie, there are four lines above the breasts, and two below. What we're going to do is make this whole thing more secure.



The doubled rope goes around the front, and under the breasts once.



Here it is from the front.



Pass the working end behind a verticle element and then up to the top of the center knot...



The reason we went up with the last rope becomes clear - as we then create this diagonal from that point to just above the elbow that's both structurally sound and good looking. Then the rope goes under the arms and to the other side.



Around your diagonal, adjusting for position and tension for this new element, and back again the same way, between the arms and the back...



Again, to even out the tension, pass this rope around the section you just did.



And now we see one of the great reasons for leaving those small loops. Remember how the wrist tie had that small loop? Well, here we put it to use, threading our two loose ends of rope through the loop on the wrist...



And then up to just above the ropes that cross the upper arms.



Wrap around the body and back down through the loop at the wrists. You'll get a front view in a moment, but from here you'll want to tie off in some fashion -- we're done.



Here's a view from the front. Note that we now have six ropes running above the breasts, four below, and four keeping the elbows in place around the arms in back. Tie off your rope in any fashion you like.



Here's a side view.



And a rear view with a simple bow.

Tortoise Shell (Kikkou)



We start with either two lengths of 25' to 30' rope, or one long 50'+ length. We're illustrating the two rope version for those that don't have a long length in their rope bag.



Here we've found the midpoints of our two ropes and linked them together.



One length goes over each shoulder, with the midpoints like so. An important note at this point: don't bring this tight against the back of the neck. It should hang loose or you won't be able to do adjustments later.



A simple overhand twist of the two lengths produces this form. There are almost no actual knots in this tie.



Another twist below the breasts.



And two more twists as we're going down the body. Keep these three loops open and loose. They're going to be pulled into shape as we go and to keep even placement and spacing we need that slack.



Pull both lengths of rope, all four ends, through the legs. There's a lot of rope to handle in this tie, but you'll be amazed at how quickly you run out.



Run your two lengths of rope under the looped bit at the back of the neck. One length goes around front to the left, one to the right in this fashion.



And now we begin to spread those tortoise shell patterns. Run your ropes under or over and pull gently -- don't pull tight at this point. Take your ropes around the back bringing the right side rope to the left, and the left around to the right...



...and this time we go under the breasts. Now it's just a matter of going around the back, to the front, over or under the loops, and out back again to repeat once more.



Here's an illustration of a couple more passes.



And here's the back with the top two of the three tortoise shell hexagons done. We're just able in this example to do the top half of the last hexagon before tying off in the back. In the next step we'll bring those lines back...



And then knot this portion off because we've exhausted our rope. We'll add more rope in the next step.



Double a new length of rope. Take the bight and knot it around a section of the ropes running up through the legs. I've created an oversize bight loop here for illustration purposes. You can knot this in

other ways, but we'll show you how this small loop can be useful in the next steps of the tutorial.



Okay, big jump in steps. It's really simple though. We've taken our rope out around the front, looped the bottom half of the hexagon once, come back around to the other side, done the other bottom half of the hexagon, and come to the back again. Our free ends are then going around a portion of the last ropes we've done to fix a point at the bottom, then we've gone up to the back of the neck, run the ropes under that and down through the bight loop we left when we added the rope, pulled tight -- not too tight -- and wrapped our remaining rope around to neaten things up.



Here's the view from the front.



And a side view. Have fun with this one.

Rope Corset



Start by tying a breast harness. In this variation of the breast harness I have a very simplistic breast harness, but you can tie yours as intricately as you please.



Run the bight of your doubled rope (I use 10m pieces, but you can use any length you like as long as it can go around a torso at least 5 times) through the center of the front of your breast harness. Run the tails' end through the bight, creating a lark's head knot. The lark's head is the key to creating this sort of rope corset.



Wrap the rope around the person's body, directly under the bottom line of the breast harness.



Run the tails end under the line you just used to pass around the body. Then pull the rope in the opposite direction, creating tension on the line.



In back, there should only be a smooth, simple double-line.



As you continue, make sure that the lines lay flat on the sides and back, one below another, with no twists, overlaps, etc.



In front, you will be passing each wrap around the body, then tucking the tails end under the ropes from just the line before. This creates the ripple effect you begin to see here. Make sure that you cinch the line tight, but not too tight, at each wrap, as going back after about 6wraps is a challenge. Make sure your line of lark's head knots is a straight line, when possible, to increase the aesthetic flair of the design.



Continue with more wraps, with the lark's head line centered, the rows of lines smooth against one another, and when bored, prod the bottom a bit to keep them awake as this can be a lengthy process to get a rope corset on.



If you notice any slight gaps between lines, try to go back and smooth them out- a good rule of thumb is to pause every 4-6 wraps and correct tension between wraps, gaps, and overlays.



Oh no! What do you do when you run out of rope, but what to keep going?



Tie a simple overhand knot in the end of your doubled line.



A slightly closer look.



Add your next piece by taking the bight of the doubled second piece, placing it behind the 1st rope, then run the doubled line end through the bite- just as you did when you began this process. Tighten everything down, and it should look like this.



Keep going, as if you were working with the same piece of rope. What about that knot? We'll take care of that at the end.



Keep going...



And going...



And spice on additional lines as you need them. You can use all the same color of line, but find contrasting colors to be rather striking.



And keep going... you can keep going for as long as you like, but in this case I will wrap to the top of DeLano's hips. You can end the corset here if you so desire, by tying off the line and tucking

the ends- but I have a fair amount of rope left, so I'll be continuing with a crotch rope.



Run the doubled line through the legs. On men, and women who have any genital piercings, please make sure to dodge the genitals by passing to one side or another.



On the back side, run the line underneath the bottom wrap or two of the corset



Then pull back down through the legs, to the other side of the groin, and back up under the bottom wrap of the corset on the front.



Wrap the line end underneath the lines that passed around the groin (or through the groin, if you so choose.)



Wrap over then underneath again and again.



Keep going... I'm effectively creating a rope cock ring at this point. How far down do you go? What if you have *lots* of extra rope? Be creative. Pull out a macramé book. Tie their hands into their groin. Do whatever makes you happy. I go until I can only fit a finger or two underneath the lines.



Split the doubled line, and take each end and wrap around the sides and base of the rope cock ring, the same way you had been doing with the doubled line. Make sure you go the same direction you had been going with the doubled line, or else you'll end up unraveling your initial work.



Finished.



Oh, what about those knots!

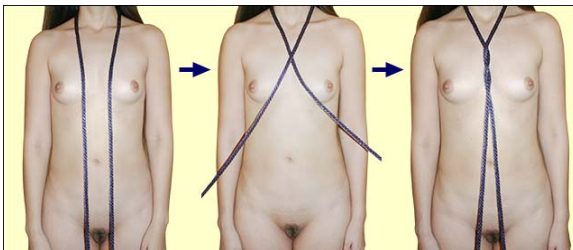


Very carefully, tuck them underneath the finished corset lines. Smooth everything out. Get yourself something to drink, you've been working very hard.



Okay, *now* you're finished. Go show off your artwork to a friend, or bring your very cooperative rope model/bottom a mirror! Hell, get a camera and take a picture. And bring your model/bottom a drink too while you're at it. It takes a lot of energy to stand perfectly still or keep turning in circles for that long.

Karada

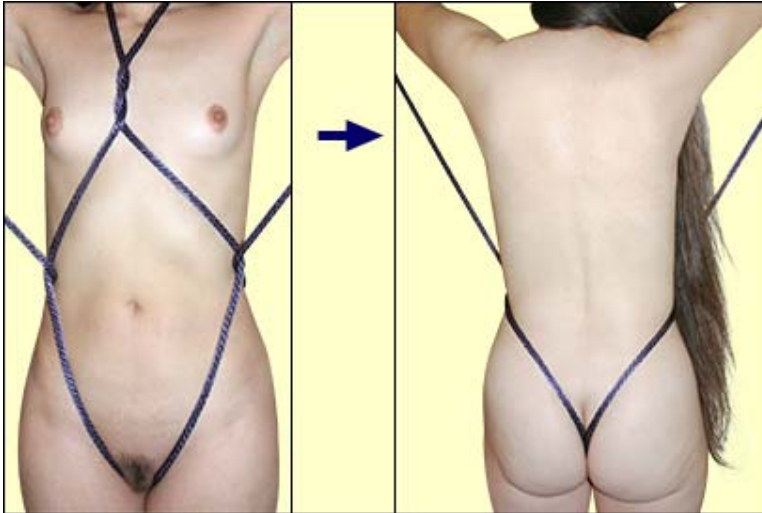


First, find the center point of the rope. The center of the rope drapes around the back of the person's neck. Bring the ends of the rope around one another three times; these three twists will become the three diamonds you see in the front of the finished rope

harness. Bring the two ends of the rope between the person's legs.

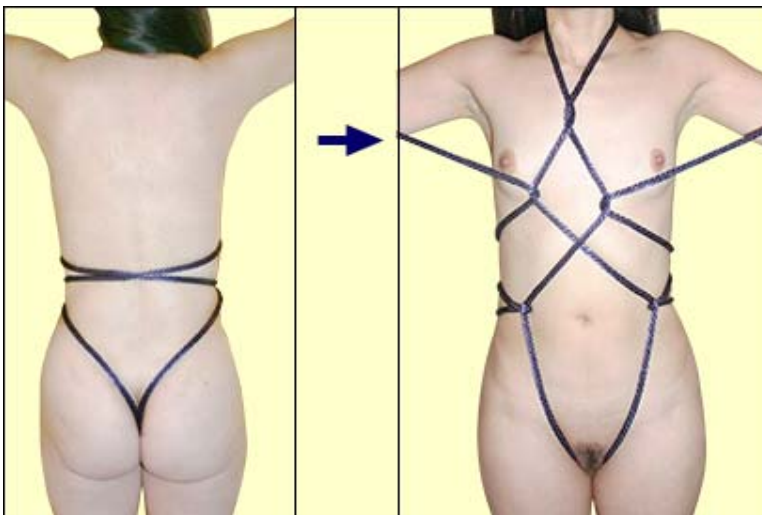


...then up and apart on the other side.



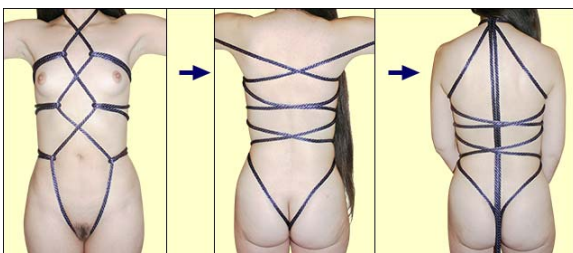
you work your way up.

See? Nothing to it. Don't pull the rope tight; as you continue this process, bringing the ends of the rope around to the front, passing them through the twists, and then bringing them back again, the rope will need to slide to let the diamonds open up in the front. It's okay if the rope is loose at this point; it will become tighter as



You'll do the same thing again--pass the ends of the rope around the person's back, then around the front and through the twist, like so:

As you might imagine, you'll do this same thing one more time. Bring the ends of the rope around the person's body and behind the person, then back around the front and through the topmost twist. After you do this, you can bring the ends of the rope over the top of the person's shoulders, or back around beneath the person's arms like I show here.

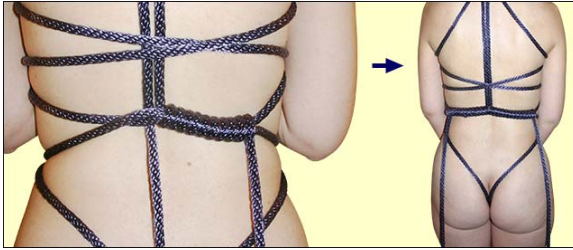


rope wrapping around the person's back.

So the rope goes around to the front of the person's body, through the topmost twist, then back around behind the person again; from there, you bring the ends up underneath the rope where it passes around the person's neck, and down beneath the

If you're using a 25' length of rope, you will probably find that there's not enough rope left at this point to run down the person's back. No problem; at this point, you just wrap or tie off the ends of the rope wherever you like--around the part where it loops around the back of the person's neck, or around the part where it crosses behind the person's back, or whatever.

There are all kinds of things you can do any time you find yourself with extra rope. One of the simplest things you can do is use the extra rope to make a wrap:



It's exactly as simple as it looks. The free end of the rope wraps around and around another part of the rope; if you reach the end of the rope, just tuck it beneath the wrap. This technique is quite handy for making "handles" that are quite convenient for grabbing, if

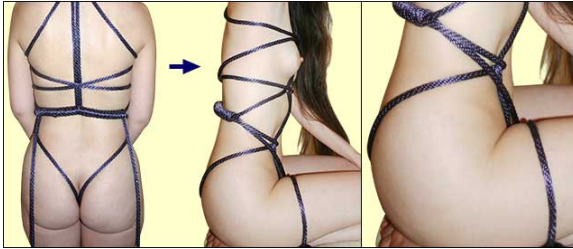
you like.

Karada with Frog Tie

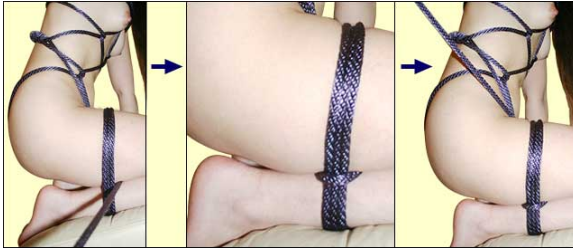


The picture to the left shows why I like to use longer pieces of rope. The longer piece allows me to finish off the rope harness with other ties, such as the one shown here, which is a lot of fun because it prevents the bound person from being able to stand.

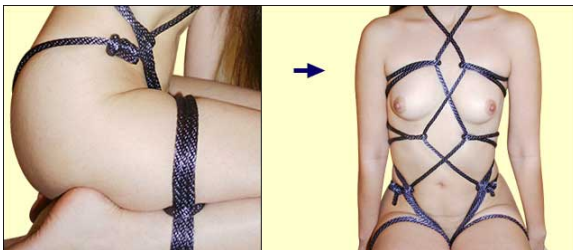
The basic karada feels absolutely wonderful; the ropes have a way of moving against sensitive parts of the body when the person who's bound moves. More than that, though, the karada is a good foundation for doing other forms of bondage that do limit the bound person's mobility, one of which is the frog tie. The purpose of the frog tie is to prevent a person from rising. It keeps the person kneeling and bent over, which is a wonderful position for all sorts of things, from flogging to sex. You don't actually need to use a long piece of rope for this. You can, if you choose, use a shorter piece of rope to make the karada, then use two 10' lengths of rope, one on each side, to do the frog tie. This tutorial will show you how to do the frog tie using a single 40' piece of rope, but the process is the same if you were to use two separate pieces of rope (one on each leg); you'd start by wrapping one end of the rope around the karada, then follow these instructions.



First, have your partner kneel on a soft surface. Take the end of the rope left over from doing the wrap with the karada (or the end of a new piece of rope you've wrapped around the karada), and bring it down between your partner's legs. Then pass it under the person's leg and up around the leg, as these pictures show. (The right-hand picture is a close up of the center picture.)



Keep wrapping the rope around the person's leg like this several more times. Don't wrap tightly; the rope should only just be snug. We'll adjust the tightness later. When you've wrapped the rope around several times, then bring it between the person's upper and lower leg, as the picture shows. Pass it around all the wrappings and back between the person's upper and lower leg again. At this point, you'll adjust how tight the wrappings around the leg are; the tighter you pull the loop of rope around the wrappings, the tighter they'll be. From there, take the end of the rope up along the person's inner thigh...it sounds complicated, but the photos below should show you that it's quite simple.



Now you're almost done. Just take whatever amount of rope is left at the end and wrap it around and around the lower part of the karada where it comes across your partner's butt. When you've reached the end, just tuck the last bit of rope underneath the wrap, and that's it!

From here, a world of opportunity awaits. Your partner can't rise, and is most comfortable on hands and knees, so you're probably already thinking of lots of things you can do at this point. I like the way this position makes a person's backside nicely presented for a flogging, and it's a great position for all kinds of sexual fun. When you have someone bound this way, it's important to take care not to cut off circulation, and to make sure that the person you have tied up doesn't become excessively fatigued. Many people can't stay in this position indefinitely. The ropes that wrap around your partner's legs should be loose enough so that you can slip a finger beneath them, so as not to prevent blood flow. Monitor your partner; if his or her legs become cold, then you may have tied the ropes too tightly, and you should



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release them. Also, if the person becomes uncomfortable or experiences leg cramps, you should remove the ropes. Be careful and pay attention, and you'll probably find that this type of bondage is a lot of fun.



Part 7

Specialized Ropework

Cock & Ball Torture (CBT) Ball Separator



This is a rope ball separator, similar to the commercial leather ones, but with several advantages.

The rope version has the advantage that it always fits. The leather ones have snaps, and while they might have multiple snaps for adjustment, the range of adjustment is not very wide. And there's always the danger of getting a flap of skin caught in the snaps, which is really painful. This one always fits, is inexpensive, and can be made on the spot from a short length of cord.



To make the ball separator, you will need a few feet of cord, like parachute cord or sash cord. You could probably use long leather bootlaces, but they have a lot more resistance and tend to bite into the skin uncomfortably. And, of course, you will need a cock and some balls. Here we are using a fake cock and balls, since we can't show real ones on the website. The ball separator is a lot more effective and impressive when you are using the

real thing. When you are tying this, be sure to check with your partner about how tight to tie it, since different men like different amounts of tightness and/or pain.



Start by making a large overhand knot in the cord.



Slip the loop over the cock and balls, with the place where the ends cords cross at the bottom.



Bring the ends around to the top of the balls, cross one end over the other, and pull them snug.



Now take one of the ends, and run it under the two cords that go around the cock and balls on one side.



Slowly (so as not to cause rope burn) pull on the end until you have a loop a few inches in diameter.



Take both ends of the cord that crosses under the other two cords, and gently pull the crossing down so it is at the bottom of the balls.



Now we do the same thing on the other side. Take the remaining cord end and run it under both cords that go around the cock and balls.



Slowly pull on the end till you have a loop a few inches diameter.



Grabbing both sides of the cord that goes under the other two cords, gently pull it down so it is at the bottom of the balls, next to the one you did on the other side.



Running the cord ends under the ropes around the cock and balls will have loosened them, so pull the ends of the loops at the top of the balls snug.



Bring the two loops together, running them between the balls.



Pull on the cord ends coming out below the balls until the two loops disappear and the balls are separated. This works much more effectively with real balls than it does with the mono-ball on our fake cock.



Pull the two cord ends out to the sides.



Bring them around to the top of the balls and cross one end over the other.



Pull them snug.



Now cross the ends the other way, making a square knot.



You can continue bringing the ends around under the balls, then crossing them at the top. Each turn will put a little more pressure on the balls. You can continue this till you run out of cord, or you can take the ends and use them as a leash, or tie marling-hitches around the cock with them.

Hojojutsu Cock Bondage



Hojojutsu is the ancient Japanese art of restraining prisoners with rope. They generally did not use knots, because it was considered very embarrassing for someone who had not been convicted to be tied with knots. Instead, they used a lot of chain-stitching, which brought with it an additional benefit: when it was time to release the prisoner, all then had to do was undo the end of the rope and pull, and the whole tie would undo itself. In my reading about Hojojutsu, I have not found any references to tying up cocks. The same principles can be applied though, resulting in a tie that is quick to do, and quick to undo when it is time to release the cock.



We begin with a 12-foot length of 1/8-inch braided nylon cord. Double the cord, and wrap the loop around the base of the cock and balls.



Reach through the loop, grab the ends of the rope, and pull them through, forming a new loop.



Take the free ends underneath the balls, then around and over them.



Reach through the loop and grab the ends that you just wrapped over the balls. Pull them through, forming a new loop. Pull on the loop till the cords around the balls are snug.



Now bring the free ends of the cords around the cock. Double them to form a new loop.



Pull the new loop through the existing loop, and pull it snug. (Notice that we changed camera angle in this picture, so you could see the loops better.) Pull it in the direction that tightens up the previous loop.



Bring the free ends around the cock on the opposite side from the loop.



Reach through the loop and grab the free ends. Pull them through, forming a new loop, and pull the new loop in the direction that tightens the previous loop.



Keep repeating this pattern. Each time, the loop goes on the opposite side of the cock.



Eventually you will get to the end of the cock. Pull the ends through to form a loop, like you have been doing all along.



Continue pulling on the loop until the ends come through, then pull the ends snug.



You can take the ends and tie them to nipple clamps, or a waist rope, or use them as a leash.



Here's what the chain-stitched cock looks like from the other side. When it is time to release the cock, pull the ends back through the first loop, then take them and gently pull, and the loops will all undo, releasing the cock bondage.

Marling Hitch Cock & Ball Torture



Marling hitches are used on sailboats to fasten a furled sail to a boom when it is not in use. They are a series of overhand knots that spread the pressure along the length of the sail. In rope bondage, we use them to fasten arms to the backs of chairs, and things like that. But they also work nicely for CBT. They are sort of like a gates of hell, but made of rope. And they always fit. No more will you have the embarrassment of trying to wear a gates of Hell designed for someone with a larger cock, or the pain of wearing one designed for someone with a smaller cock.



Take a 12-foot length of 1/8-inch cord and double it. Wrap the loop around the base of the cock and balls.



Pull the ends of the cord through the loop, and pull it snug. The loop should fall about where the balls attach to the cock, as shown by the arrow.



Now take the ends and wrap them over the balls, back underneath, and cross the ends over the part that wrapped around balls, as shown by the arrow.



After crossing the wrap around the balls, tuck the ends under them and pull them through. In the picture below, A shows the cords wrapping over the balls, B shows them coming out from under the balls, and C shows where the ends tuck under the wrap after crossing it.



Now take the ends and wrap them around the cock, crossing over the wrap as before.



After crossing, tuck the ends under the wrap, and pull snug.



After crossing, tuck the ends under the wrap, and pull snug.



The marling hitches will loop better if the knots run along the top surface of the cock. To make this happen, slide the crossing you just did around to the top of the cock, letting in slack as needed.



Wrap the rope around the cock again, and cross it over.



Tuck the ends under the wrap, and pull them snug.



Keep taking these marling hitches up the cock until you run out of cock.



From the bottom, it looks like this. You can take the ends of the cords and tie them to your partner's nipple clamps. Another fun thing is to tie a waist rope around your partner's waist, and tie the cord ends to that. This keeps the cock upright and in place. This can be fun if you want to tie a massager to the cock, as you don't have to worry about the cock slipping away from the massager.

Solomon Bar Cock & Ball Torture



RopeFashions has had a tutorial on using a Solomon bar tie to make wrist and ankle cuffs for quite a while. The other day I was looking at Van Darkholme's site at pictures from Folsom Street 2004, and he had used a Solomon bar to tie up a guy's cock and fasten it to the bars of a cage. I never thought of using a Solomon bar for that and was really impressed, So I thought we should have a tutorial on it.



Start by making the cock hard, however you choose to do so. Then take a few feet of parachute cord or thin sash cord. Cotton is best; the braided nylon tends to be kind of stiff sometimes. It doesn't bend well and it feels harsh. Tie a large overhand knot in the middle of the length of cord.



Put the knot over the cock and balls, and pull it snug. This anchors the Solomon bar, and also helps keep the cock hard.



Take the end of the cord going to the right, and bend it so it is going to the left, and forming a loop.



Take the end of the cord going to the left, and put it over the cord from Step 3.



Now bring it under the cock and to the right.



Bring it through the loop you made in Step 3 from the bottom and out the top.



Pull it snug.



Now we repeat the procedure on the other side. Take the cord now going to the left, and bend it so it is going to the right, and forming a loop.



Take the cord going to the right, and bring it over the cord from Step 8.



Bring it under the cock and to the left.



Bring it through the loop you made in Step 8 from the bottom and out the top.



Pull it snug.



and bottom to illustrate this.

Now repeat this sequence as you move up the cock. You don't really have to think about right and left. Just keep one cord zig-zagging on the top, and one cord zig-zagging on the bottom. In this this set of images, I used different color cords for the top



Keep going till you get to just under the head of the cock. Here's what the result looks like from the top.



the pull on the other.

And here's what it looks like from the bottom. There are several things you can do with the ends of the cords. If you bring them around the waist and tie them in back, it keeps the cock upright and displayed. Or you can tie them to nipple clamps. Or you can tie them to a stationary object to keep your partner from moving around too much. For some predicament bondage, put the CBT Ball Separator (another tutorial) on the balls. Tie the cords from the ball separator to the foot of the bed, and the cords from the Solomon bar CBT to the head of the bed. When he moves to reduce the pull on one, it will increase





Braided Cock

This is a fun way to tie up a cock. It is sort of like a Chinese finger trap made of cord. It is actually exactly the same braid we use for long hair bondage, but applied to the cock.

To make this braid, you will need two six-foot lengths of thin cord (1/8-inch braided nylon cord, or 5/32-inch nylon parachute cord will work nicely.)

Begin by taking one of the lengths of cord and tying an overhand knot (the simplest knot possible) in the center. The knot should be at the top of the loop.



Slip it over the cock and balls, and pull it snug around the base of the cock and balls.



Now tie an overhand knot in the middle of the second length of cord, but this time put the knot at the bottom of the loop.

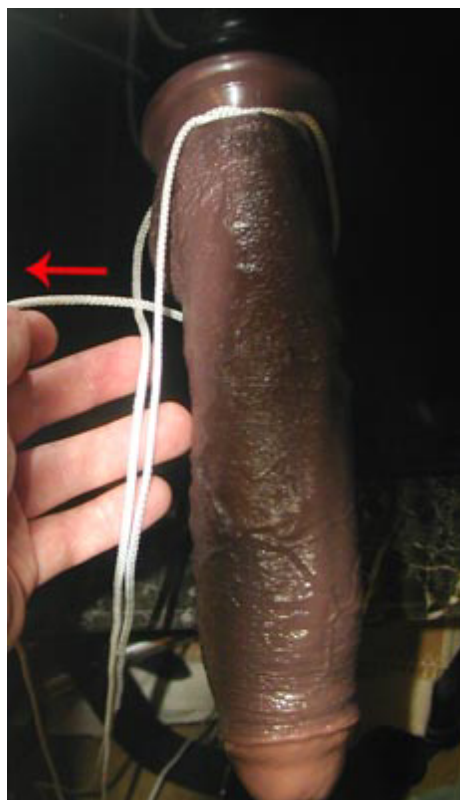
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Again, slip it over the cock and balls, and pull it snug at the base of the cock and balls.



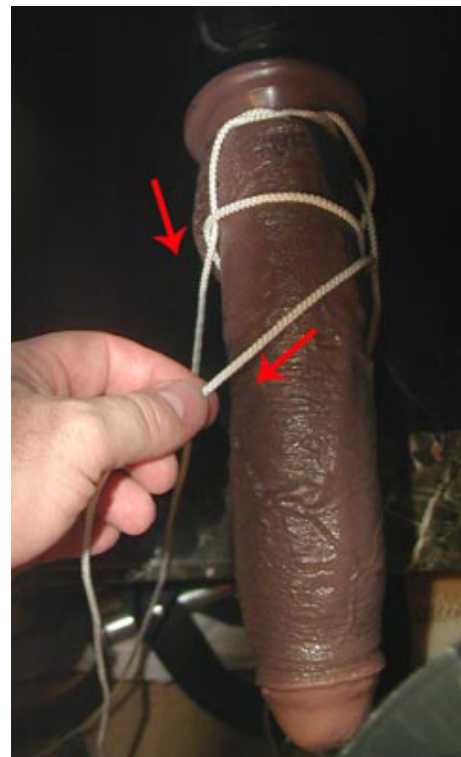
Take the upper right end, and bring it under the cock, and between the two ends on the other side, as shown by the arrow in the next column.



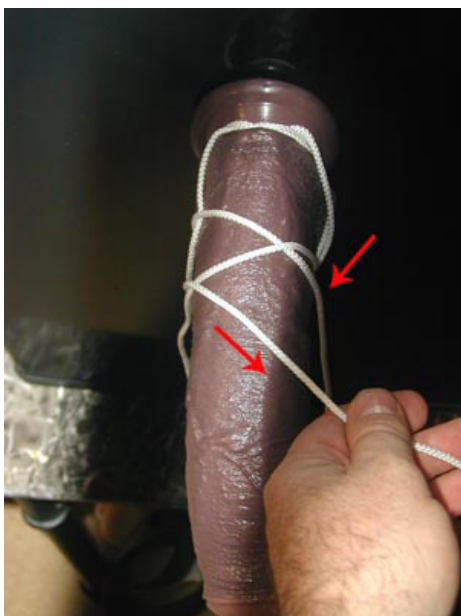
Now bring the end up, around the cock, and back over to the side it started on (but now it is closer to you than it was before).



Now repeat the same procedure with the upper left end, bringing it under the cock, between the two ends on the right side, then up and over the cock, back to its original side, but closer to you than it was before.



Now take the end on the right side that is farthest away from you, and bring it down under the cock, between the two ends on the left side, up and over the cock, and back to the right side.



Each time, you use the end that is farthest away from you, alternating sides. After a while, you will run out of cock, and it should look something like this.



The easiest way to finish it off is to take a pair of ends in each hand, and twist on pair around the other, like you were beginning a square knot, or tying your shoes.



If you want to get a little fancier, you can braid a little leash for your cock, using a herringbone braid. Take the leftmost end, and bring it over all the other ends, left to right. Then take the rightmost end, and bring it over all the other ends, right to left. Keep repeating this left-to-right, right-to-left pattern until you run out of rope. Then take two ends in each hand, and twist one pair around the other, like you were tying your shoes.

You should probably do the braiding if you are a fast braider; you don't want your partner to lose his erection while you are braiding.

The final result looks like this.



Disclaimer: The techniques I describe here are as safe as I know how to make them, and I believe in them enough to trust the life of those I care about to them. However, **you** are ultimately responsible for the safety of anyone you tie up. Know your captive's limitations, and any medical conditions they may have. Don't mix bondage with drugs or alcohol. And don't even think of trying suspension until you are really experienced with ropework.



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Reach through the loop, grab the ends of the rope, and pull them through, forming a new loop.



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Take the free ends underneath the balls, then around and over them.



Reach through the loop and grab the ends that you just wrapped over the balls. Pull them through, forming a new loop. Pull on the loop till the cords around the balls are snug.



Now bring the free ends of the cords around the cock. Double them to form a new loop.



Pull the new loop through the existing loop, and pull it snug. (Notice that we changed camera angle in the next picture, so you could see the loops better.) Pull it in the direction that tightens up the previous loop.



Bring the free ends around the cock on the opposite side from the loop.



Reach through the loop and grab the free ends. Pull them through, forming a new loop, and pull the new loop in the direction that tightens the previous loop.



Keep repeating this pattern. Each time, the loop goes on the opposite side of the cock.

Eventually you will get to the end of the cock. Pull the ends through to form a loop, like you have been doing all along.



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When it is time to release the cock, pull the ends back through the first loop, then take them and gently pull, and the loops will all undo, releasing the cock bondage.

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